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ABSTRACT

The Schools Health Education Unit (SHEU) supports and promotes effective health education in primary and secondary schools in the United Kingdom. This book lists the results taken from "The Health Related Behaviour Questionnaire" collected from 29,074 participants (14,757 boys and 14,317 girls) between the ages of 11 and 16, from 171 schools in Scotland and England. The sample population came from requests made by health authorities who promote the use of this particular health questionnaire in their districts' schools. Participants know that their answers will remain anonymous and many of the study's statistical conclusions have proven accurate. The results are presented in a series of tables organized under eight groups: (1) Diet; (2) Doctor and Dentist; (3) Health and Safety; (4) Home; (5) Drugs; (6) Money; (7) Sport; and (8) Social and Personal. For each table, a question from the questionnaire appears at the top with the responses--given in percentages--presented underneath, categorized by age and gender. Each table also features a commentary at the bottom which offers some interpretation of the data. (RJM)

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Young People in 1993

John Balding

UNIVERSITY of EXETER

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SCHOOLS HEALTH EDUCATION UNIT

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Very Young People in 1991–2

The lifestyles and experiences of today's primary children . . . in the most comprehensive study yet into what they do, think, and feel about everything from making friends to going to the dentist. — The Sunday Times

This study of 7,852 pupils aged 8–11, in 220 schools in England, contains their responses to questions about diet, dental care, health & safety, home, drugs, money, road use & sport, and social & personal aspects of their lives.

There are 41 tables of data, with commentary, as well as a facsimile of the questionnaire and introductory information about the survey and the sample. The book is a wonderful resource for primary teachers, and compulsive material for parents' evenings or governors' meetings. If you haven't yet carried out your own survey, this is the next best thing!

The price is £9.50 post paid. Order from the Schools Health Education Unit, School of Education, University of Exeter, Heavitree Road, Exeter, Devon EX1 2LU (0392 264722).

Young People in 1993

The Health Related Behaviour Questionnaire results for 29,074 pupils between the ages of 11 and 16

John Balding

Schools Health Education Unit
University of Exeter
1994

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Introductory note

Each year we produce a report in the *Young People* series, and however careful we are to describe the populations involved in the surveys, the total picture is often referred to as 'national data'.

The surveys that give rise to the data are large, numerous, and from many parts of England and Scotland. The origin and structure of the samples taken in these surveys is described very carefully on subsequent pages.

The picture produced by our annual data set frequently matches survey outcomes from other sources claiming National data status derived fromorthodox strategies such as stratified random sampling. On pages xix–xxv we draw attention to examples of similar outcome.

Young People in 1993 is the eighth in a series of annual reports on results derived from data collected through the Health Related Behaviour Questionnaire surveys.

Cover photograph: Sharon Costello, External Relations Division, University of Exeter

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The Schools Health Education Unit

The Schools Health Education Unit is located within the School of Education, University of Exeter. The Director of the School of Education is Professor Ted Wragg.

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The support received from the staff of the Exeter University Computer Unit, particularly Paul Ellison, Ian Campbell, Graham Coppell, Steve Grange, Mike Riley, and Neil Brooks, together with the former Director Dr Howard Davies, is gratefully acknowledged.

The questionnaire and the survey

1. The Unit and its work

The Schools Health Education Unit (SHEU), which is located in the School of Education, University of Exeter, supports and promotes effective health education in primary and secondary schools. The services it provides promote co-operation between teachers, parents, children, governors, and health-care professionals.

These services are tailored to suit a co-operative method of working between different agencies supporting health promotion at community level. This has been achieved through numerous projects, including development of resource packages in PE, sex and alcohol education for classroom use, the generation of materials to accompany *The Extra Guest* (a widely-disseminated video about responsible drinking) and *Drawing the Line* (a video to support HIV and AIDS education). A current project is *Backs into the Future*, a video and pack for primary schools to promote good lifting technique.

However, the principal projects undertaken by the Unit have been associated with questionnaire development and the design and execution of surveys using them. These are as follows:

1975–85 Investigation of priority topics for inclusion in the curricula of secondary schools, as perceived by pupils, parents, teachers, and health-care professionals. Known as *Just One Minute*.

1976–80 Health Related Behaviour Questionnaire, Versions 1 – 6 (initial trials).

1980 Health Related Behaviour Questionnaire, Version 7.

1982 Health Related Behaviour Questionnaire, Version 8.

1983–90 Priority topics for inclusion in the curricula of primary and secondary schools, as perceived by pupils, parents, teachers, and health-care professionals. An extensively-revised version of the earlier *Just One Minute* questionnaires, and known as *Just A Tick*.

1984 Health Related Behaviour Questionnaire, Version 10.

1986–90 Development of materials to support the Coronary Prevention Project, a major initiative in secondary schools.

1987 Health Related Behaviour Questionnaire, Version 11 (with optional 'illegal drugs' questions).

1988 Health Related Behaviour Questionnaire, Version 11D (containing 'illegal drugs' questions).

1989 Health Related Behaviour Questionnaire, Version 12 (containing HIV/AIDS and mental health questions).

1990 Health Related Behaviour Questionnaire, Version 15 (completely re-set, with amendments).

1990 Primary Health Related Behaviour Questionnaire, Versions 1 – 4.

1990 *Just A Tick* (completely re-set, with amendments).

1990–94 Cross-curricular surveys in smoking, alcohol consumption, environment and relationships.

1992 Health Related Behaviour Questionnaire, Version 16 (with a section on personal aspirations).

1993 Primary Health Related Behaviour Questionnaire, Version 5.

It will be obvious from this list that the development of the Health Related Behaviour Questionnaire for secondary schools has been a continuous thread running through our work. To date, upper middle and secondary schools in the UK have used it as part of their own curriculum development in more than 1,300 separate surveys, some schools repeating surveys of their pupils on five occasions, and data from more than a quarter of a million pupils between the ages of 11 and 16+ is stored in our data banks at Exeter University.

A school deciding to use the Health Related Behaviour Questionnaire selects a sample of pupils from the chosen year groups to answer the many questions covering different areas of their daily life at school, at home, and with their friends. The Unit codes the returned anonymous questionnaires and prepares them for computer analysis, and the school receives a set of computer-generated tables showing the percentages of pupils (divided into sex and year group) that gave particular responses to the questions. The data can also be returned in graphical form, or on disc for interrogation by staff or pupils.

The topic areas included in the latest version of the Health Related Behaviour Questionnaire include:

AIDS	**Leisure pursuits**
Alcohol consumption	**Medication**
Aspirations	**Money**
Dental care	**Physical activity**
Diet	**Problems**
Doctor	**Relationships**
Drugs	**Self-esteem, control**
Homework	**Smoking**
Hygiene	**Social activities**
Jobs	**TV, videos, computers**

The content of the Health Related Behaviour Questionnaire is under regular scrutiny, and from time to time new questions are added — usually in response to prompts from users — and the lesser-used ones are removed.

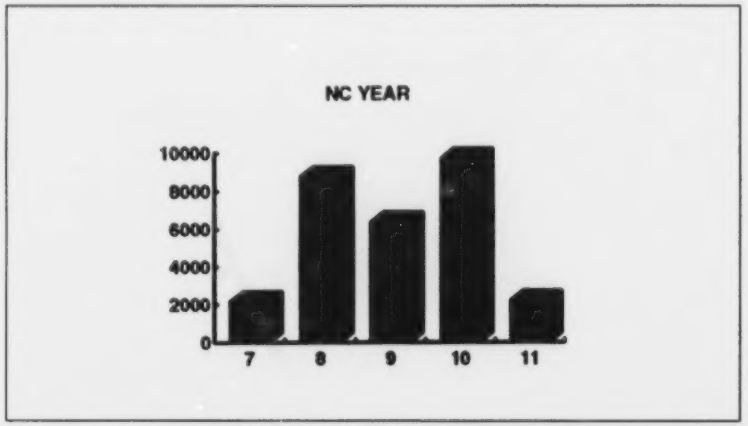
2. The 1993 sample

The first report of this series was published in 1986. Typically we now manage to publish the year's data within the first three months of the following year.

The 1993 sample involves data collected from 29,074 boys and girls between the ages of 11 and 16. In size and distribution across the ages and the regions it is a satisfactory one to work with. The sample in each sex and year group is as shown in the following table.

Age	**11–12**	**12–13**	**13–14**	**14–15**	**15–16**
Year	*7*	*8*	*9*	*10*	*11*
Boys	1,060	4,464	3,155	5,070	1,008
Girls	1,075	4,280	3,188	4,606	1,168
Total	2,135	8,744	6,343	9,676	2,176

Across the five year groups the sample sizes show an interesting symmetry:



The larger sample sizes in years 8 and 10 reflect a strategy that many surveyors adopt in their anticipation of collecting serial data. This is promoted through the use of the survey in alternate years, and, when completed with our matching but shorter and simpler survey for use with years 5 and 6 in primary schools, provides an accumulation of data to examine for behaviour trends and the effects of intervention programmes in individual districts (see overleaf). This method is explained more fully in the SHEU video entitled *Health: Counting the Cost*.

Survey planner — strategic planning

NC Years	Calendar Years								
	1992	1993	1994	1995	1996	1997	1998	1999	2000
5	✓		✓		✓		✓		✓
6	✓		✓		✓		✓		✓
7									
8	✓		✓		✓		✓		✓
9									
10	✓		✓		✓		✓		✓
11									

A strategy for collecting serial data, involving repeated sampling across primary and secondary year groups at two-year intervals.

Distribution in the UK

Within England, in 1993, there were 14 Regional Health Authorities (RHAs); in Scotland there were 16 Health Boards. In the 1993 sample four Scottish Health Boards are represented, together with 11 regions in England. From the 11 regions, 32 District Health Authorities (DHAs) are represented.

Scottish Health Boards

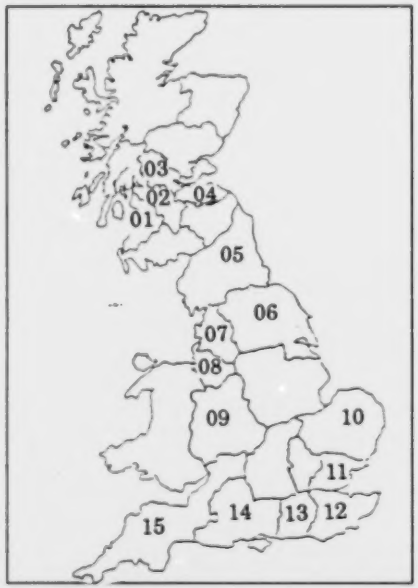
Ayrshire & Arran
Forth Valley
Greater Glasgow
Lothian

English Regional Health Authorities

Northern
Yorkshire
North Western
Mersey
W Midlands
East Anglia
NE Thames
SE Thames
SW Thames
Wessex
South Western

English District Health Authorities

Northern	Darlington, N Durham, SW Durham, Newcastle
Yorkshire	Northallerton, York, Scarborough, Harrogate, Airedale, Calderdale, Leeds, Wakefield
North Western	Bolton, Preston, Chorley, Central Manchester
Mersey	Warrington, Wirral
East Anglia	E Suffolk
West Midlands	Sandwell
NE Thames	Basildon, Southend, Tower Hamlets
SE Thames	Hastings, Tunbridge Wells, Eastbourne, Brighton
SW Thames	W Surrey, SW Surrey
Wessex	W Dorset
South Western	Torbay, Somerset



Scottish Health Boards

01 Ayrshire & Arran
02 Greater Glasgow
03 Forth Valley
04 Lothian

English Regional Health Authorities

05 Northern
06 Yorkshire
07 North Western
08 Mersey
09 W Midlands
10 East Anglia
11 NE Thames
12 SE Thames
13 SW Thames
14 Wessex
15 South Western

The situation of the four Scottish Health Boards and the 11 English Regional Health Authorities with schools represented in the 1993 data.

Representation within the year groups

In our summary in *Young People in 1991*, almost all of Year 11 (age 15 –16 years) was drawn from Yorkshire, and we described what we called 'The Yorkshire Effect' in the introduction to that book (pp viii & ix) to forewarn readers and assist interpretation.

Similarly, readers of the current report will see from the following list that each of the year groups compiled from 1993 data contains surveys from at least three regions, one of which is Scotland. In each case the regions are listed in order of sample size, from largest to smallest:

Year 7 Scotland, North Western, W Midlands, Mersey, South Western, SE Thames, SW Thames

Year 8 Scotland, Northern, North Western, NE Thames, SE Thames, Mersey, South Western, East Anglia, SW Thames

Year 9 Scotland, Yorkshire, North Western, SW Thames, SE Thames, Wessex, W Midlands, Mersey, South Western, NE Thames

Year 10 SE Thames, Northern, NE Thames, Scotland, North Western, Mersey, South Western, Wessex, East Anglia, Yorkshire

Year 11 Yorkshire, Scotland, SE Thames

The percentage composition of each year group by region is shown in the next table.

Year group	7	8	9	10	11
	%	%	%	%	%
Scotland*	64	36	51	11	12
Northern	–	30	–	23	–
North Western	19	10	8	8	–
Yorkshire	–	–	28	1	83
Mersey	4	4	2	4	–
East Anglia	–	1	–	1	–
W Midlands	6	–	2	–	–
NE Thames	–	8	1	16	–
SE Thames	2	6	2	33	5
SW Thames	1	1	3	–	–
Wessex	–	–	2	1	–
South Western	4	3	1	2	–
Total	*100*	*100*	*100*	*100*	*100*

** Scottish year groups have been brought into line with English year groups.*

Regional variation in results

Journalists, in particular, frequently approach us for information on differences between the health-related behaviour of young people from different parts of the country. We hesitate to reveal any differences that may be suggested by the data because of the uneven general coverage across the country provided by the surveys. Within any one district, however, Office of Public Health personnel can control the extent of the surveys and adopt their own sampling strategy between communities. The total individual DHA database then enables them, 'in house', to locate behaviours within particular neighbourhoods and thereafter prompt the identification of priorities or confirm the targeting of resources.

Within the 1993 surveys, the very large samples from the four Scottish Health Boards, two RHAs from the North of England, and three RHAs near London have encouraged us to take a tentative look at regional differences suggested by the data, and

we have looked at the whole range of behaviours within the questionnaire.

There are many differences, and many similarities, in the distribution of responses within and between these regional groups. It is natural to focus on differences, which include:

Family size
Ethnicity
Some dental treatment
Having a regular paid job
Spending patterns
Some sporting activities
Some dietary items
Smoking
Drug use
Newspaper readership
Alcohol consumption

There were also similarities, including:

Some dietary items
Watching TV
Some sporting activities
Self-medication
Time since last GP consultation
Self-esteem

Two examples of differences (percentage reporting fillings on their last visit to the dentist, and percentage eating vegetables on most days) are tabulated opposite, together with an example of similarity (percentage taking medication for asthma).

The excess of fillings in Scotland has been reported before (Bedi et al., 1990), but the more frequent consumption of vegetables by dwellers in the Thames RHAs, suggested by the figures, is so far unconfirmed. Asthma medication seems to be used by similar proportions of each sex and year combination in the three regional groups.

Had fillings on last visit to dentist (%)

	Scotland	*Northern/North Western*	*Thames*
Year 8 Boys	26	18	18
Year 10 Boys	25	21	15
Year 8 Girls	21	17	16
Year 10 Girls	22	20	14

Eat vegetables on most days (%)

	Scotland	*Northern/North Western*	*Thames*
Year 8 Boys	30	36	47
Year 10 Boys	40	38	54
Year 8 Girls	46	45	60
Year 10 Girls	51	47	70

Take medication for asthma (%)

	Scotland	*Northern/North Western*	*Thames*
Year 8 Boys	12	13	10
Year 10 Boys	10	10	11
Year 8 Girls	11	11	9
Year 10 Girls	11	9	10

Sample sizes	*Scotland*	*Northern/North Western*	*Thames*
Year 8 Boys	1522	1679	729
Year 10 Boys	566	1536	2410
Year 8 Girls	1487	1626	712
Year 10 Girls	563	1443	2155

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Comparability with other studies

The internal consistency, reliability and validity of the data collected by DHAs through their schools using this method is always top priority. Part of the effort made to achieve the highest quality possible consists of comparing our data with that collected through other methods.

Within any survey we have supported, whether it is in one school or the composite of a sample of schools within a district, the confidence limits of the sample results with respect to the total population can be assessed.

The extent to which the findings from one of our annual samples agree with the results from surveys that claim national representation has always been of interest to us. We have been prompted, particularly by Central Government departments, to provide more substantial information on the evidence of comparability of our survey data with that of other surveys. To this end, we have added a section in which we explore the *Quality of the survey data* — see pages xix–xxv.

3. How is the data collected?

The way in which the questionnaire is used is entirely different from the style of most 'national surveys'. Typically, when planning a national survey, the smallest sample that will give reliable information about a representative cross-section of the community is chosen. Each annual sample from the Health Related Behaviour Questionnaire, on the other hand, is an 'opportunity sample', in that the Schools Health Education Unit exercises little or no control over which schools and which parts of the country become involved.

Since this method is at variance with the procedures in the other 'national' surveys, a fuller explanation drawing particular attention to its content and process is offered here, to enable the reader to give full weight to the results presented and discussed. This may open readers' eyes to the dangers of accepting statistics uncritically.

It is important to recognise, from the outset, that the results presented in this book do not arise from an organised annual survey. We are not selecting a balanced sample of schools and communities, but are responding principally to requests coming from Health Boards and Health Authorities promoting the use of the questionnaire in their schools. Naturally there will be clustering of sites. However, as the use of the questionnaire becomes more widespread, the clusters themselves become more numerous and embrace a larger sample of the population, with the result that the 'accidental' sample becomes closer and closer to a 'random' one — as well as being far larger than the numbers in other surveys.

Confidence in the sample is raised by comparing results with those from other surveys of young people's behaviour, such as smoking prevalence studies carried out by the Office of Population Censuses and Surveys (Dobbs & Marsh, 1983) and other research bodies (Nelson et al., 1985). Consistency between annual results is further evidence of reliability (Balding, 1989).

Researchers are sometimes uneasy about the representative nature of the annual sample displayed in this series of publications. As mentioned above, this important topic is discussed further on pages xix–xxv.

The school sample

Choosing a sample on paper, and deriving data from that sample, are different things. In practice, particularly where schools are concerned, any collection of results can be to some extent an 'opportunity sample', as some may decline the invitation to be included in a nationally-organised survey. For example, in a recent OPCS study (Lader & Matheson, 1991), 15 out of the 140 English schools approached declined to be involved, and within co-operating schools data was not collected from 10% of those pupils selected for interview. Similar losses were experienced in the HEA/MORI study (HEA/MORI, 1992).

In practice, the database describes the communities represented principally by comprehensive schools, which in most

places offer a coherent sample of their catchment area. If schools selected the recommended sample of the year group (see below), the total effective population represented in these figures will be at least twice the number of questionnaires processed. This is explained in the discussion on pages xxii–xxiii.

The sample selected within a school using the Health Related Behaviour Questionnaire is required to reflect the academic cross-section of the year group, which is straightforward if the questionnaire is completed during non-streamed time or in a mixed-ability setting.

The sample size and its selection

In order to discover a reliable picture of the behaviour of the total year group in a school it is not necessary to include every individual in the sample, although in some schools the decision has been taken to do this so that no one feels excluded from the exercise.

The research method used to establish the size of the sample needed to give a reliable representation of the total school population was to carry out the survey of an entire school with very large year groups numbering around 450 individuals, fairly evenly split between the sexes. By taking many random samples of different sizes and comparing the results for each of these with the results of total year groups it was established that, for this large size of year group, a sample of 50 of each sex provided a reliable reflection of the total population for most questions; for some questions, in fact, a smaller sample was adequate. This represents a sample size of just over 22%.

The connection between the health of individuals and their socio-economic status is widely accepted (Townsend et al., 1992). Links between academic success at school and social background have also been established (Lawton, 1968). Therefore, to attempt to accommodate this factor in the sampling method, the stated instruction in the survey planning documentation is to select the sample to 'reflect the academic profile of the year group'.

As nearly all surveys have been carried out on year groups that are much smaller than 450 (typically around 200), a sample size of 100 selected from these represents a much larger percentage sample than the 22% random sample found adequate in the pilot work. This, coupled with the attention paid to selecting a sample that reflects the academic profile of the year group, gives even more confidence in the extent to which the sample data reflects that of the total year group.*

Assuming that the participating schools have selected the recommended sample of the year group, the total effective sample represented in the 1993 figures will be considerably larger than the number of questionnaires processed — equivalent to over 60,000 boys and girls, which is a very large sample indeed.

Preparation for the survey

We support very careful preparation for the surveys by working with teams of personnel from DHAs linked with LEAs. We also support training seminars for the teachers that will collect the data in their own schools. It is particularly important that staff from the DHA office consider the number and distribution of the schools approached to participate in the survey.

It is common practice for small teams to meet the SHEU staff team to plan a programme of activities, starting well before the data collection and continuing well beyond it to include 'after-care' programmes in schools and the support of planning or report writing in DHAs.

Importance to pupils

The manner in which the data is collected is also vital. With the best possible sample and the best-researched instrument, the value of the data is questionable if the respondent does not enter properly into the spirit of the enquiry. Numbers of unanswered questions or abused questionnaires signal a doubtful procedure.

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* Absent pupils will tend to be those that are ill or habitually miss school. Therefore some of the data recorded in the surveys may be too 'comfortable'. This will be a feature of any school-based survey. However, staff may already be more familiar with the characteristics of this absentee group than with those of the section of the school population that complete the questionnaire.

An important strength of the Health Related Behaviour Questionnaire is that it is not administered by or on behalf of an external agency, but by the school itself, anxious to derive a set of valid results on which to base curriculum improvements. If a school volunteers to fit the questionnaire administration into its already crowded timetable, then it is serious about the enquiry, and this commitment will be transmitted to the pupils.

Atmosphere

From all the work that has gone into the development of the methodology, we know that in every school supervisors can be found who can generate an atmosphere of importance for the task, inspire trust in the confidentiality and anonymity of the exercise, and provide ideal support for the completion of the questionnaire. Such conditions offer the most favourable environment for the collection of valid data. The information returned to the school is only as good as the way in which it was collected. In part this is the outcome of the quality of each question, but the manner and atmosphere in which the data was collected will have the greatest effect on its validity.

Costs

The survey is also costly — in time and money — and the collection of data is never casual. High levels of commitment to following the prescribed method of data collection are common.

Confidentiality

If the children know that the questionnaires are completely anonymous, that they will immediately be sealed in envelopes to be sent away for processing, and that the results will be returned only as a summary in which no individuals can be identified, their motivation to be honest will be reinforced. If, in addition, they feel that what they are doing is important for themselves — that it will affect the work they do in school to their own benefit — they will answer the questions as conscientiously as possible.

4. Development of the questionnaire content (1976)

The preparation of Version 1 of the Health Related Behaviour Questionnaire in 1976 involved around 50 secondary school teachers in the examination of 30 suggested questions for inclusion.

These questions had been taken from an American source, and the teachers were asked to comment on the appropriateness of their structure and relevance with respect to inclusion in the questionnaire. Most of the teachers were highly critical, used their red ink freely over the document, and then produced prototypes of 'better' questions for inclusion. Around 90 questions were produced from this process, reflecting the views of important health issues for these teachers.

Refinement

The structure of the questions was refined in consultation with experienced teachers and with trials and interview work with boys and girls in schools. The bank of questions was also reviewed by professional groups other than teachers, including road safety officers, school nurses, and Health Authority personnel (health education officers and district community physicians).

It is important to note a third process that was applied at this time: circulating the refined list to a number of headteachers and deputy headteachers for their comments on any sensitive questions. The invitation was to put a red line through any questions that were considered best excluded because they might cause anxiety amongst some parents. They were not asked for any further information or explanation of any deletions they suggested. This process resulted in the exclusion of all the proposed questions on shoplifting, on vandalism, and many of the questions on sexual behaviour.

5. Evolution and development (1976–94)

Over the 18 years of its evolution and development the content has been under continuous scrutiny, and much revision has taken place. Professions other than teaching have been deliberately drawn in to influence the content, and the teachers' concept of

health behaviour has had to be balanced against other professional views.

It is interesting to note that, at one stage in the development of the questionnaire, it was possible to have the content reviewed by numerous teachers around the country who were involved with the Southampton-based 13–18 Health Education Project. The teachers were invited to assign each question to one of three categories:

Useful *Undecided* *Not relevant*

and they found no difficulty in the task. Most questions were 'Useful', and the one or two considered 'Not relevant' were excluded from subsequent versions.

A few questions received positive approval from some teachers and negative appraisal from others. These were retained, and do draw attention to the differing views that can be held on the relative importance of aspects of health. Two questions producing this polarity of view were in connection with (*a*) the importance of the amount of sleep a child was getting and (*b*) whether or not he or she had had breakfast before coming to school.

Individual questions

Individual questions have been revised to meet particular professional needs. For example, the frequency of intake of iron-containing medicines, either prescribed or non-prescribed, is of particular concern, and questions to discover how many children may have undetected asthma were added to Version 15.

Groups of questions have similarly been revised in consequence of the attention paid to the data derived from them. The dietary questions probably receive the most criticism and revision of all sections; each expert who has paid attention to them decides that there is room for improvement, and this results in further changes. The questions connected with watching a television screen are another example of evolution, and now distinguish between live or recorded TV programmes, videotape viewing, and using a computer. This has happened over the past eleven years, in step with (or perhaps a little behind) the changing reported practices of young people.

Levels of use

Another measure that has been applied to the content of the questionnaire is that of the level of use made by the 'consumers' on the return of the summarised data to them.

Enquiries reveal that some sections of the questionnaire are much used — for example, consumption of alcohol and tobacco, and diet — whilst others receive little attention. Some sections are receiving more and more use as they become better tailored to meet the needs of the users; the section on sports and physical activities is an example of this type of evolution, and currently enables a comparison to be made between the provision available in school and the variety of activities and the levels of involvement outside lesson time.

Revisions in Version 16

Locality In order to attribute survey response patterns to the parts of a city where young people live, and to retain anonymity and confidentiality, a method has been designed whereby the DHA allocates its own reference numbers to different wards or boroughs.

Aspirations A new section has been introduced, originating from an initiative in Newcastle upon Tyne involving pupils, their teachers, and staff from the Office of Public Health. This was extended with reference to the Office's counterparts in Wolverhampton and the Wirral.

This new section targets the young people's aspirations, which are particularly linked to the environment in which they live, their perception of its quality, safety, opportunities for finding work and setting up home, and any feelings they may have about leaving the area.

Health Risk Appraisal (HRA) This provides an assessment of the risk to health afforded by each respondent's lifestyle: the

pupils can discover their HRA scores using a confidential method that preserves anonymity.

The service particularly encourages a positive approach towards the data by school staff, as well as by health promotion staff from outside the school with whom they have, or may develop as a result of this initiative, a working relationship.

Co-operation with Health Authorities

This continuous review depicted above underpins the level of validity of the questions contained in the current version of the questionnaire. In addition, we have now developed a service enabling Health Authorities to derive baseline statistics about the young people in their district, to support health-care planning. Adaptation of the questionnaire to meet these needs could lead to a further modification of the way in which different sets of professional views are incorporated.

Differences between sexes and between regions

The figures presented in this document show clear differences between boys and girls on a nationwide scale. In the group surveys organised by Local Education Authorities and District Health Authorities, comparisons between the behaviour of children from schools grouped according to location (Balding & Shelley, 1989) provide information for health-care planning in different neighbourhoods. This is in addition to the data the authorities already hold, which was gathered from other sources.

Taking the data back to schools

The survey method may well be unique. It is not uncommon in survey procedures for those collecting the data from the respondents to disappear with it and never deliberately reveal it to those who have given assistance in the enquiry, publishing discoveries based on it in professional journals only read by their peers.

The Health Related Behaviour survey, however, is provided as a service to schools with the precise contract to return the results to the schools concerned. Those who collect the raw data and who participate in the conditions under which the children completed the questionnaire examine the returned summarised results; furthermore, data returned is intended for use, and is often used with classes of boys and girls who either participated in providing it or are close in age to those who did, and live in the same catchment area. What other surveys, if any, feed data back in order for it to be scrutinised by those who provided it? The opportunity to discover problems with interpretation or memory, and other sources of unreliability, is unrivalled.

6. Researching the questionnaire content

What confidence have we in the individual data returned to schools and stored in the very large data banks accumulating in the University of Exeter?

There are two aspects to this:

- *Is the set of questions contained in the questionnaire appropriate to the needs or demands of the body of people using the survey method?*
- *Do the answers collected to the questions accurately represent the behaviours or beliefs of the respondents?*

Between pages xix and xxv we devote substantial space to evidence of *The quality of the survey data*.

We have, over the years, brought a number of lines of enquiry to bear on these important questions, as discussed below.

Interviews

As a result of this methodology there is opportunity for the schools themselves to discover problems in interpretation and memory. A standard practice throughout the evolution and development of the method has been to interview individual boys and girls following their completion of the questionnaire under the conditions set by a teacher supervisor working from the prescribed method. Since the beginning of the work over a hundred different interviewers have participated in this activity.

The routine practice involves a team of about eight people, experienced in working with schoolchildren, being introduced to the class near the end of the time in which they have been completing the questionnaire. Some of the team are student teachers and fairly close in age to the young people themselves.

The team leader explains something of the difficulties of question design and asks for assistance from class members. Examination in the class of one or two difficulties that all can participate in is succeeded by private and confidential interviews between individual members of the class and of the visiting team. The interviewer asks permission to examine the completed questionnaire with the boy or girl and to make notes on it if necessary. The interviewer is particularly looking for misinterpretations, problems of memory, and problems of unreliability arising from children presenting answers that may put themselves in too favourable a light, or are intended to shock the reader.

Exchanges between team members and supervising staff on these visits are also very valuable in highlighting supervision problems and methods by which they have been or might be resolved which can be passed on to future users. Following the interview excursion the team members, equipped with their annotated completed questionnaires, share in a 'blow-by-blow' discussion of each question. This is an exhausting and exhaustive process by which the knowledge of the quality of each question can be built up and necessary amendments effected in the next version. Added to this is all the written commentary provided by the teachers involved — for every 25–30 completed questionnaires returned we also receive a supervisor's comment sheet on which attention is drawn to areas of difficulty experienced as well as to the positive aspects, such as the pupils' enthusiasm and the perceived relevance of the exercise. We received over one thousand of these sheets in 1993.

Validating the questions

The above processes shape the quality of each individual question. One observation to be made is that the longer a question has been contained in the questionnaire the more will be known about it and the more valid are the answers to it likely to be. The level of confidence in the most recently-included questions will be less than for the long-standing questions. The most recently-included questions have been those in connection with aspirations, environment, and birth control.

Research and development in question design

1. Presentation of combined results

We have always faithfully recorded and explained

- *The questionnaire content and method of data collection.*
- *The sample on which results are based.*

We also comment on our knowledge of the quality of the data and present our reservations where they exist.

2. Scrutiny of individual survey data

The purpose of each individual survey is for the data to be examined by those who collected it in schools, and even by those who provided it. Planning can then be taken forward with an active and objective participation. Our feedback to the users of the survey method, not only of results and clarification of their method of presentation but also of commentary on insight into quality of data and any potential bias, is vital to planning.

This continuous process over a decade has prompted changes in questions to strengthen the process. From a research point of view interesting discoveries are made.

7. Returning the data to schools and Health Authorities

A routine part of the service to schools is to return tabulated data in bound, indexed volumes together with guidelines to the interpretation of the results. Each school participating in a group project receives its separate confidential report. The aim is to return the data within 4–6 weeks.

The data can additionally be returned in graphical form. This is necessarily less detailed, as only a restricted number of re-

sponse options can be presented on a diagram, compared with most tables. However, the visual impact and simplicity of a histogram or pie chart can be invaluable for certain purposes.

A District Health Authority or LEA organising a survey of the schools in its care may request an analysis broken down by geographical location or any other division that is required.

Computer analysis

An attractive option now available to schools is to have selections from the data returned on disc as a datafile containing the answers to 18 questions. These can be pre-selected sets with the headings *Health Services, Diet, Alcohol, General, Money, Drugs, Sport, Social & Personal*, or *Home*. Alternatively, custom-assembled sets can be produced on request, thus tailoring the investigations to a school's particular requirements.

Collections of data can offer the opportunity to investigate lifestyles and challenge prejudices regarding young people's behaviours. It is also ideally suited to resourcing the Mathematics Attainment Target 5 — *Handling data*. The questions are carefully edited to secure pupils' anonymity.

The Unit is also developing a series of standardised *Lifestyles* datafiles, containing anonymous data obtained from surveys and available for use by schools that have not carried out their own Health Related Behaviour survey.

These data files are available in a form suitable for use on almost all commercially-available software analysis packages.

Comparing individual schools with district results

In addition, we can offer a *Community Profile report*. This compares a school's results with the average for all the schools in a district survey, and lists those questions where the results for the pupils sampled differ by 10% or more from this average. This is helpful to the school in signalling areas for further examination. It can also bring school staff and Public Health staff together to plan health care provision at community level.

Seminars

Many group projects have a post-survey seminar to help teachers examine and interpret their data, and to study it in the light of results from other schools in their area. A typical programme would include *Interpretation of the data, Dissemination to colleagues in school, Curriculum planning from the data, Dissemination to pupils,* and *Use of combined area data.*

Workshops

We have developed a series of workshops to help schools respond to their Health Related Behaviour Questionnaire data. Different workshops support curriculum development, work in the classroom, or even parents' evenings. Titles include *Write a letter to the Head* (for pupils), *Parents + schools and alcohol* (for parents), and *Do we stigmatise asthma sufferers?* (for staff discussion).

The quality of the survey data

1. How reliable are the percentages?

Reliability and validity

We are often asked whether the answers are 'trustworthy' — can we really believe these figures? Ideally, any differences between answers given by two people about their behaviour should be due only to differences in their behaviour.

In practice, differences also arise because of

- *Differences in their recollection of their behaviour.*
- *Differences in their understanding of the question.*
- *Differences in their willingness to report their behaviour accurately.*

So, to some extent the trust we place in the data depends on the trustworthiness of the young people answering — that is, whether they are likely to try and mislead us or not. We have described elsewhere the various steps we have taken to try and reduce or eliminate the temptation to mislead, by getting the atmosphere for collecting data right. But the questions also need to be appropriate, and understood in the same way by different people. We have also recorded above the care we take over question design and development.

These issues can be seen in consideration of a question we no longer ask, namely *When did you start smoking?* Answers to this question seemed internally consistent and reliable, and young people in interview were convincing in their efforts to report their behaviour honestly. We did, however, notice a curious feature of the data: the average age when respondents said that they started smoking was always about two years younger than they were now, no matter what their age was. Here we seem to have raised a problem of memory: the length of time since they started smoking may have 'felt' about two years for the longer-standing smokers, but could have been longer.

We have, over the years, brought a number of lines of enquiry to bear on these important questions, as discussed below.

We identify here two separate aspects to the 'trustworthiness' of the data:

- *Are the answers 'well-behaved' in their pattern?*
- *Do the answers collected to the questions accurately represent the behaviours or beliefs of the respondents?*

Researchers have a high regard for questions of trustworthiness, and have developed a whole set of language and standards for investigating questionnaire quality. We discuss these standards below, and how we might know when things were going astray.

Reliability

Reliability is the question of whether the same question is answered in the same way on each occasion. For example, a person might be asked *What do you think of the price of eggs?* Because it is not something they think about a great deal, they might give a completely different (though equally honest) answer next week, or even elsewhere in the same questionnaire. The consistency between answers given by the same people is known as *internal reliability*.

It is also important to know whether another person will answer the question in the same way: the so-called *external reliability*. Two different groups of people, asked *Are you a vegetarian?* may have different views as to what a vegetarian is. The people in one group, who eat dairy products, may see themselves as vegetarians, but those in another group, who also eat dairy products, may see vegetarianism as being stricter than this and so not describe themselves as such. So although honest and consistent within themselves, the two groups will answer the same question in different ways. These questions of reliability

are perhaps less pressing in the case of behaviours as opposed to attitudes.

Internal reliability

A scale is said to be internally reliable if a person's answers on one part of the scale are correlated well with answers to other items in the scale. For example, we have a block of questions on self-esteem, and we know that answers to each item are highly predictive of answers to other items. So, we can say this scale is internally reliable.

This notion of internal reliability was developed in connection with scales of this sort, and not for disparate questions in ones and twos. We can apply the idea to the questionnaire as a whole, and look for consistency between items that overlap in content. Where overlap exists, we see that the items are highly consistent. For example, an early question on spending habits mentions spending money on cigarettes and alcohol, which can be related to answers many pages away which ask specifically if any cigarettes or alcohol have been consumed recently. From the 1992 data we found that of those year 10 pupils saying they spent *any of their own money on cigarettes* (on page 4 of the questionnaire), 99.6% reported that *they smoked last week* (on page 10). Similarly, of those saying they *spent any of their own money on alcohol*, 98% said they *drank alcohol* last week.

External reliability

Questions are externally reliable if they give consistent results when used with different populations. Now, part of the point of doing surveys in different populations is to see if they are different, so what we are looking for here are results that are similar in range, distribution and so on. Some of our questions are actually very stable from population to population — for example, the 'visits to the doctor' question, and 'reasons for brushing teeth'.

An example of this stability is illustrated in the following table, which presents Health Related Behaviour data in annual means from 1984 to 1990, derived from four different versions of the questionnaire. It shows the percentage of boys and girls between the ages of 11 and 16 choosing 'to avoid toothache' as their main reason for brushing their teeth.

Brushed to avoid toothache

Version	8	10	10	11	11	11	12
Year	*84*	*85*	*86*	*87*	*88*	*89*	*90*
Boys							
11–12	26	27	22	25	27	27	30
12–13	28	25	24	28	27	26	28
13–14	28	26	28	27	29	25	26
14–15	25	27	28	28	28	28	26
15–16	27	28	26	26	29	27	28
Girls							
11–12	26	29	29	30	30	29	25
12–13	26	26	26	26	28	26	33
13–14	27	27	26	27	28	25	26
14–15	23	25	25	26	27	24	27
15–16	24	26	27	25	26	27	27

The similarity between boys and girls of different ages across the seven-year span is striking. Other questions that seem relatively stable from year to year and between regions include those on the most recent visits to the doctor or dentist.

Test-retest reliability

This is a special sort of reliability which is particularly useful to enquire into with respect to topics which are suspected of not being stable in the mind of the subjects. For example, while washing habits may be expected to be stable from week to week, opinions may not. We have very little data on this sort of reliability for our questions, and the questions on self-esteem, or attitudinal topics, would be interesting to look at in terms of their

stability over time. Such studies as we and others have done suggest that scores on the self-esteem scale are indeed tolerably stable in the long term.

Validity

The notion of validity is what people usually have in mind when looking at a question — does this question really measure what you say it does? Validity is perhaps the critical issue: do the answers mean what they appear to mean? Are the respondents honest? Does the question mean anything to the respondents? If people were asked whether they would prefer to go on holiday to Flaunce or to Gzornenplatch, they may *reliably* give a preference for Flaunce, perhaps because of its earlier position or its more mellifluous sound. The fact that people have never heard of either resort cannot be detected from the reliability of their written responses.

Whether the answers to our questions mean what we think they mean must therefore be investigated in other ways, for example by interviews. There is a common-sense approach to this: namely, does it look as though it works? For example, one might be hesitant about accepting *How much do you like pop music?* as a measure of extroversion, but be more convinced by *Do you generally like loud or fast music, or is the music you prefer more often quiet or slow?* This sort of 'looks right' validity is called *face validity*. Other sorts of validity are described in the literature, but these are not readily applied to our approach.

Other aspects of the data which might reassure us about the data's quality are the distribution of responses between pupils. Typically there are highly regular and consistent age-related trends, and often differences between the sexes. Where this pattern is seen and is consistent with expectations, we can have more confidence in the data.

Also, we can look for associations between items in our questionnaire that have been found elsewhere — for example, there are a number of known correlates of smoking in young people, such as drinking alcohol, dating, school attainment and other variables such as self-esteem and locus of control. All these associations can be found in our data, which suggests that new associations can be sought in the wider range of topic items held in the data banks.

Finally, the interview and other work described above in piloting new questions, and the thousands of sheets of supervisors' feedback relating to established ones, provide a solid foundation for our confidence in the validity of the answers.

2. Statistical analysis of the data

Expected errors

Toss a coin ten times, and you might expect to get five heads and five tails. However, you could end up with anything but this proportion, and this reflects the problem of sampling: knowing what proportion you expect, you know that if you try to assess it by a sample, you are probably going to be a little way out, and you might be a long way out. Fortunately we can strictly define limits of doubt and uncertainty, and calculate how likely it is that a sample is going to be a certain degree 'out' from the expected result. We can also work backwards: given the result in a sample, we can say how likely it is that the 'real' population result is within a certain range. This is precisely the problem we face here.

We will adopt a standard symbol set:

n	sample size
p	proportion of sample reporting given behaviour
N	population size (whole school, or whole area sample)

The usual approach to estimating confidence limits and differences in proportions, given a sample of size n and proportion p, is to derive the standard error of proportion using Equation 1:

$$\sqrt{\frac{p(1-p)}{n}} \qquad \text{Eq. 1}$$

95% confidence limits for a proportion are assumed to be twice this figure (technically 1.96 times). So, for a sample of 100 girls, if the observed proportion is 8% (0.08), the standard error

is $\sqrt{0.08(0.92)/100}$, i.e. 0.027 (3%). The 95% limits are therefore $\pm 2 \times 0.027$, which is about ±5%. So we are 95% confident that the true figure is between 8% – 5% and 8% + 5%, i.e. 3%–13%.

The following points should be made:

- *For larger samples, the confidence limits grow narrower.*
- *For proportions near 50%, the confidence limits are wider than for smaller or larger proportions observed in samples of the same size.*
- *Confidence increases as the range increases. For the example quoted, we would be 99.75% confident that the proportion lies between 8% ±7.5% (0.5%–15.5%).*

Statistical models

Most methods of statistical analysis assume that the samples taken from a population are (*a*) gathered randomly, reducing the likelihood of sampling bias, and (*b*) that the size of the total population is many times larger than the size of the sample.

Our approach is rather different to this standard method.

Randomness

There is usually no attempt to randomise sampling within or between schools, and instead groups (usually classes or tutor groups) are selected to reflect the range (academic, social) of pupils within a school. Typically (e.g. 1993), schools are selected by District Health Authority or Health Board personnel. Often there is a negotiation between volunteer schools and an area co-ordinator who wishes to select a representative range. This makes usual assumptions underlying statistical testing less valid, although it may be that analysis can still proceed.

Size

If we consider to what extent the school sample is representative of the school year group, it may be that 50 boys have been taken from a total of 150 boys on the school roll. Here the sample is 1/3 of the total, and is so large that it reduces the theoretical error that can arise through chance (i.e. that we happen to have included more of the smokers in the year in the 50 sampled than might have been expected). If the sample is a fair proportion of the population — and this can equally apply within area-wide samples, where a large proportion of the year group across the county are in schools that are surveyed — then the expected sampling errors are reduced.

Independence of pupils

The fact that each piece of pupil data is not independent of others — pupils of similar lifestyles may cluster in certain schools, or in certain classes within the school — increases the uncertainty in behavioural estimates. The OPCS use a multiplication factor for confidence limits for use with their system of quota sampling within randomly-selected schools.

Confidence limits

These revised assumptions act to make estimates based on the Health Related Behaviour methodology more accurate. In fact, the improvement can itself be calculated, and we are grateful to Dr. Ken Read of the University of Exeter's Department of Mathematics and Operational Research, for his guidance in this matter.

For statistical purposes the total population from which the sample is taken is often very much larger than the sample. For Health Related Behaviour data the population is usually not so large — in fact, in some year groups the sample is the whole school year group. In this case, barring absentees, there is no sampling error to estimate! Similarly, the proportion of schools sampled within an Authority may be high — for example, eight out of a possible 20 (40%). If these eight include the largest schools, the proportion of the total population which is in fact sampled may be nearer 50%. In many Districts, over half and in some cases all of the schools in the area covered by an Authority have been surveyed.

In these cases the sampling error is much reduced. This expected reduction can be calculated, as in Equation 2, which

gives the standard error of proportion with known population size.

$$\sqrt{\frac{p(1-p)}{n}\frac{N-n}{N-1}} \qquad \text{Eq. 2}$$

Depending on the size of the actual school year, this can have a very significant effect in reducing the theoretical sampling error. Since 1990 we have been recording the sample sizes and the school roll for the different year groups. The average sample size was between 45 and 50 and the average proportion of those on the roll that this figure represented was 60%. Excluding tiny samples (n<20), mostly from special schools, the average sample was over 66% of the total available. Even for a proportion of 50% (which as stated above gives the widest confidence limits), this means that the expected confidence limits are reduced to ±5% for a typical school.

For sample sizes of a thousand or more, as presented in the tables, the expected errors and confidence limits are of the order of a few percentage points.

Sample	*Standard error for proportion of 50%*	*95% confidence limits*
1000	1.6	±3.2% (46.8%–53.2%)
4000	0.4	±0.8% (49.2%–50.8%)

If we assume that the population is only about twice the size of the sample, then these error estimates are much reduced.

This explains why we are so confident that the data represents the population from which the samples are drawn. However, the extent to which that population represents the national picture cannot be derived from these formulæ.

3. Comparison of SHEU data with other surveys

There are some areas of the Health Related Behaviour instrument for which national data is directly available for comparison, and it is of interest to study these.

There are several differences between the way our data is collected and the methods used by other sources — for example, the uneven sampling across regions — but if we found large differences between the behaviours reported using the different methods, which were consistent for different regions sampled in our surveys, this could indicate problems with methodology. Conversely, if we found a good match between our data and other representative surveys for which comparison data is available, we have some optimism that the remaining topics in our data are also to some extent representative of the national picture. (In the case of certain topics we know of no other work, in this or any other country, where the behaviours in question have been examined.)

It is not uncommon to find our work cited by other researchers (e.g. Plant et al., 1990, and Brannen et al., 1994), although equally we sometimes find the body of data we have accumulated may be ignored without comment (e.g. Woodroffe et al., 1993). We obviously believe that the data is of sufficient quality and interest to be worthy of attention, and some of the evidence for this is collated below.

Smoking

The OPCS have a succession of bi-annual surveys to which our data can be directly compared: they use a system of quota sampling within randomly selected schools (although, as noted on page xii, there is a level of non-co-operation by schools and by pupils). The OPCS studies define 'occasional' and 'regular' smokers using a combined diary + self-description definition, whereas we use only retrospective self-reports of consumption. If memory is accurate, this should yield similar figures to the OPCS diary data from the same subjects.

The smokers (regular and occasional) in OPCS include some regular smokers that did not smoke during the previous week, and some subjects that did smoke but did not describe themselves as smokers. Their figures resulting from this approach are very similar to our own (see over).

Age		Boy smokers 86 %	88 %	90 %	Girl smokers 86 %	88 %	90 %
11–12	OPCS	5	2	5	2	3	2
	SHEU	2	2	3	2	2	3
12–13	OPCS	6	5	7	5	4	8
	SHEU	5	4	5	6	5	6
13–14	OPCS	11	10	11	13	9	10
	SHEU	12	9	12	15	12	16
14–15	OPCS	13	16	21	25	21	25
	SHEU	18	13	19	26	20	24

Age		Boys' sample 86	88	90	Girls' sample 86	88	90
11–12	OPCS	288	265	362	265	267	331
	SHEU	1106	2082	603	1067	2118	621
12–13	OPCS	325	282	334	304	302	289
	SHEU	1585	4285	3152	1614	4231	3231
13–14	OPCS	353	319	318	281	306	287
	SHEU	2159	3167	1335	2098	2898	1549
14–15	OPCS	356	316	304	323	321	306
	SHEU	2119	5945	3948	1907	5789	3822

This table compares 'regular + occasional' smokers in OPCS data for England 1984–1990 (Lader & Matheson, 1991) with those smoking 'any cigarettes last week' in SHEU annual data collations (Balding 1987, 1989, 1991), by NC year group (7–10) and sex.

Other drugs

The 1989 HEA/MORI study (HEA/MORI, 1992) includes a section on illegal drugs. How does this data compare with that from SHEU surveys? The next table shows clearly that the cannabis data is very similar, although there is a slight but consistent excess of drug use for other drugs among the 15-year-old boys in the HEA sample. This may be due to a bias in our sample towards schools with lower levels of use, or it may be due to the marked

Drugs used	Boys aged 15 HEA	SHEU	Girls aged 15 HEA	SHEU
Cannabis*	16	15	14	14
Amphetamines	4	3	2	2
Tranquillisers	3	1	1	<1
Solvents	4	2	2	2
Acid†	5	3	2	2
Cocaine	1	2	1	<1
Heroin	<1	2	1	<1
Sample	328	342	335	342
Weighted sample	844	-	795	-

Experimentation with drugs: comparison of 1989 HEA/MORI data (HEA/MORI 1992) with 1990 SHEU data (Balding, 1991). * Recorded as 'cannabis leaf' in SHEU survey. † Recorded as 'synthetic hallucinogens, e.g. acid, angel dust, LSD' in SHEU survey.

patchiness we have seen between schools for these behaviours (Balding, 1987).

The theoretical confidence interval for samples of these sizes for percentages less than 5% is up to ±2% by the formula above, although this formula is less robust at very small proportions.

Visiting the doctor — local data

At one point an opportunity arose to check young people's reports of GP attendance. A practising doctor from Barnham was presented with results of the West Sussex survey at a meeting, and thought that the rates shown for Year 8 and Year 10 pupils visiting the doctor were implausibly high. He immediately organised a check on his figures, and a colleague searched the computer files from the group practice. He was astonished to find that in his practice the GPs had seen 40% of their patients aged between 13 and 19 in the past three months, which fitted within the summary data for the whole DHA (Wallis, 1993).

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The Unit's databanks

Data from the various questionnaires listed on page vii is stored in several data banks at the University of Exeter. In the majority of years, more than one version of the questionnaire was in operation, and these are indicated in parentheses. The number of schools and respondents for the version most widely used in each year (indicated by bold type), are tabulated below.

1981 (version 7)
Number of schools = 44
Number of pupils = 9,432

1982 (version 7 & **8**)
Number of schools = 48
Number of pupils = 8,011

1983 (version 8)
Number of schools = 71
Number of pupils = 10,674

1984 (versions **8** & 10)
Number of schools = 43
Number of pupils = 8,834

1985 (versions 8 & **10**)
Number of schools = 49
Number of pupils = 12,618

1986 (version 10)
Number of schools = 88
Number of pupils = 18,002

1987 (versions 10 & **11**)
Number of schools = 116
Number of pupils = 18,407

1988 (versions 10 & **11**)
Number of schools = 222
Number of pupils = 33,459

1989 (versions **11** & 12)
Number of schools = 104
Number of pupils = 15,672

1990 (versions 11, **12** &15)
Number of schools = 131
Number of pupils = 18,941

1991 (version 15)
Number of schools = 142
Number of pupils = 23,928

1992 (versions **15** & 16)
Number of schools = 141
Number of pupils = 20,218

1993 (version 16)
Number of schools = 171
Number of pupils = 29,074

The 1993 sample

This sample contains a total of 29,074 pupils (14,757 boys and 14,317 girls) between the ages of 11 and 16, in schools in England and Scotland, who completed Version 16 of the Health Related Behaviour Questionnaire in 1993. There were 19 group studies, which included 163 of the 171 schools that carried out a questionnaire survey. The following information about the sample may be found useful:

Sex by year group

	Boys	Girls	Total
Year 7 (11–12)	1060	1075	2135
Year 8 (12–13)	4464	4280	8744
Year 9 (13–14)	3155	3188	6343
Year 10 (14–15)	5070	4606	9676
Year 11 (15–16)	1008	1168	2176
ALL YEARS	14757	14317	29074

Day of the week on which the questionnaire was completed

	% of schools
Monday*	1
Tuesday	25
Wednesday	30
Thursday	29
Friday	15

* Schools are requested not to administer the survey on a Monday. Sometimes, however, this is unavoidable. In this case, when a question refers to 'yesterday', pupils are asked to answer the question with the previous Friday in mind, so that data of this nature consistently refers to a weekday.

Month in which the questionnaire was completed

	% of schools		% of schools
January	4	July	0
February	37	August	0
March	3	September	2
April	6	October	9
May	19	November	7
June	2	December	10

Percentage of ethnic-minority children in the school

% in school	% of schools
0–1%	54
2–5%	24
6–10%	13
11–15%	1
16–20%	1
21–30%	2
31–40%	1
41–50%	2
>50%	3

Percentage of children in the school qualifying for a free meal

% in school	% of schools
0–1%	9
2–5%	8
6–10%	29
11–15%	12
16–20%	14
21–30%	13
>30%	13

Percentage of children in the school being transported by school bus

% in school	% of schools
0–10%	45
11–20%	9
21–30%	8
31–40%	9
41–50%	6
51–60%	4
61–70%	5
71–80%	9
>80%	2

Sex of school population

	% of schools
All-male school	5
All-female school	5
Mixed school	90

Type of school

	% of schools
Middle	0
Comprehensive	82
Grammar	3
Independent	7
Sec. Modern	4
F.E.	0
Special	1

Nature of catchment area

	% of schools
100% r	16
75% r, 25% u	6
50% r, 40% s, 10% u	10
10% r, 50% s, 40% u	12
100% s	20
75% s, 25% u	4
40% s, 50% u, 10% l	4
10% s, 40% u, 50% l	3
100% u	13
75% u, 25% l	1
25% u, 75% l	0
100% l	10

r = *rural*, s = *suburban*, u = *urban*, l = *inner urban*

School lunch provision

	% of schools
Cafeteria	64
Set lunch	4
Both	27
None	0

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List of Tables

Every attempt is made to reproduce questions verbatim. When this is impossible, the sense of the question is presented in square brackets.

Group 1: DIET

Question

What did you do for lunch yesterday? 3
What did you have for breakfast this morning? 4
[Breakfast types] 5
When choosing what to eat, do you consider your health? 6
[Weight — which statement describes you best?] 7
Do you know your height in cm? 8
Do you know your weight in kg? 9
[How often do you eat these foods?] 10–19

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Young People in 1993

Group 1: DIET

This section of the Health Related Behaviour Questionnaire has passed through more revisions than any other. In earlier versions, attempts were made to derive quality and quantity measurements from the respondents' account of 'yesterday's intake', but the vagueness about amounts and quality made it impossible to do more than note the apparent presence or absence of certain important nutrients. The 1993 Questionnaire (Version 16) contained a checklist of 50 common food items against which the pupils indicated typical levels of consumption. It was hoped that classroom discussion of these results would raise levels of awareness regarding 'healthy' and 'unhealthy' foods.

Question

What did you do for lunch yesterday? 3
What did you have for breakfast this morning? 4
[Breakfast types] 5
When choosing what to eat, do you consider your health? 6
Weight — which statement describes you best? 7
Do you know your height in cm? 8
Do you know your weight in kg? 9
[How often do you eat these foods?] 10–19

Question 30: What did you do for lunch yesterday?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
School cafeteria	33.0	35.8	33.8	33.0	29.2	30.6	30.5	26.1	27.7	25.4
School set lunch	10.2	8.7	10.6	9.3	7.0	4.7	7.0	4.0	4.1	4.2
Packed lunch in school	22.1	30.1	25.4	31.5	22.5	30.5	29.2	36.8	20.2	27.5
Takeaway or shop	18.3	10.0	14.8	9.8	20.8	14.2	14.8	10.0	24.8	17.2
Went home	13.5	11.3	11.6	10.1	15.6	12.1	12.0	11.5	17.7	12.9
Did not have any	3.0	4.1	3.8	6.4	4.9	7.8	6.6	11.6	5.4	12.7
Valid responses	1040	1058	4394	4233	3131	3166	5020	4578	995	1167

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Right across the age groups, substantial percentages of youngsters take *packed lunches* to school (for girls this is the most popular choice), and information gleaned from surveys in the past suggests that they are usually of very good quality. Those parents who take time to provide packed lunches for the youngsters are very thoughtful about the balance of their content. Lunch from the *takeaway or shop* is more popular with the boys for all year groups; this may account for the greater number of boys than girls eating chips (see page 14). More boys than girls use the school lunch service, and more than one in ten of the year 10 and year 11 girls had no lunch at all.

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Question 31: What did you have for breakfast this morning?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Nothing	9.2	12.3	9.3	15.8	9.9	17.7	9.1	17.6	10.5	18.4
Tea or coffee	32.6	33.5	38.8	34.5	41.1	36.1	46.7	40.2	45.9	44.1
Drink of milk	20.6	14.8	22.6	14.4	21.0	12.8	23.6	10.5	21.0	9.8
Fruit juice	23.8	25.0	21.4	23.6	24.3	24.0	25.2	22.9	20.3	21.3
Tinned or fresh fruit	3.7	5.0	2.9	3.5	3.7	3.8	3.3	4.3	2.6	5.1
Toast or bread	38.1	37.0	38.3	35.0	41.3	36.8	41.1	34.0	39.7	34.7
Cereal	58.3	46.9	58.3	44.1	58.6	39.1	59.6	36.8	55.9	35.6
Cooked breakfast	8.2	5.6	7.3	4.1	8.5	3.8	8.5	3.0	6.7	2.6
Something else	4.5	5.9	4.7	6.9	6.0	5.6	4.8	7.2	6.1	7.2

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Cereal is the largest single category. A small percentage of pupils are having a cooked breakfast, and these are more likely to be boys than girls.

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Question 31: [Breakfast types]

Percentage responses derived from the data on which the table opposite (page 4) was based

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Nothing at all	9.2	12.3	9.3	15.8	9.9	17.7	9.1	17.6	10.5	18.4
Just a drink	7.7	11.3	7.6	10.0	6.5	11.5	7.8	12.7	8.7	12.5
Just something to eat	26.5	21.9	22.1	17.8	20.4	15.4	16.8	14.7	18.0	12.6
Food and drink	51.7	48.6	55.7	49.1	57.1	49.6	61.1	47.6	56.4	49.2
Something else (food or drink)	4.5	5.9	4.7	6.9	6.0	5.6	4.8	7.2	6.1	7.2
Valid responses	1060	1075	4464	4280	3155	3188	5070	4606	1008	1168

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Around 30% of older girls have *nothing at all* or *just a drink* before coming to school, about twice as many as for the boys. Other analyses have shown that substantial numbers of girls who did not have lunch (page 3) also did not have breakfast.

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Question 32: When choosing what to eat, do you consider your health?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Never	16.2	8.7	20.1	9.2	21.8	9.7	23.2	9.3	27.1	8.5
Sometimes	43.9	46.6	47.2	51.0	48.4	50.3	46.8	45.5	45.9	45.3
Quite often	23.8	26.5	21.2	24.9	19.0	26.1	19.0	26.7	16.2	27.2
Very often	8.0	11.2	7.3	10.1	7.1	9.4	7.6	13.5	6.7	12.7
Always	8.1	6.9	4.2	4.9	3.7	4.5	3.3	5.0	4.2	6.3
Valid responses	1050	1066	4411	4241	3131	3169	5041	4593	1001	1167

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Substantially more girls than boys consider their health when choosing what they eat, and the evidence that they do so may be explored by their reported consumption of named foods on the subsequent pages. Whereas the pattern of responses for the girls is similar in all age groups, larger percentages of older boys are less concerned than the younger ones.

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Question 33: [Weight — which statement describes you best?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Would like to put some on	10.4	7.2	12.1	6.7	13.7	6.1	18.4	6.8	22.4	6.5
Would like to lose some	26.5	44.3	26.4	49.2	23.8	51.5	21.9	55.7	20.4	57.6
Happy as I am	63.1	48.5	61.5	44.0	62.5	42.4	59.7	37.5	57.2	35.9
Valid responses	1039	1074	4395	4238	3122	3159	5020	4572	999	1163

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

There are some obvious gender differences here in the top line *I would like to put some weight on*. An increasing number of boys across the years would like to, while a fairly consistent but much lower number of girls would also like to. The number of girls who *would like to lose some weight* exceeds 50% in years 9, 10 and 11. It is perhaps surprising that about a quarter of the boys would also *like to lose some weight*. It would seem that around 60% of boys are consistently content with their weight, while 50% of contented year 7 girls become 40% in year 10. From previous years' work we have recorded that about half of all boys, and about three-quarters of all girls, have made some attempt to lose weight (usually through dieting).

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Question 34: Do you know your height in cm?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
100-129	0.7	0.3	0.4	0.6	0.4	0.3	0.2	0.4	0.1	0.4
130-139	4.0	4.6	2.5	2.0	1.2	0.4	0.2	0.5	0.4	0.3
140-149	30.9	23.2	16.1	11.5	5.6	4.6	1.2	1.6	0.9	1.4
150-159	43.7	50.6	41.1	43.5	26.9	32.6	9.5	20.9	4.6	16.4
160-169	17.7	17.0	30.0	35.9	35.3	47.8	28.1	53.3	17.6	52.8
170-179	2.0	3.7	8.0	6.1	25.5	13.4	41.2	21.7	38.3	26.3
180-189	0.8	0.3	1.5	0.2	4.8	0.5	17.2	1.5	34.0	2.0
190-199	0.0	0.2	0.2	0.2	0.4	0.2	2.2	0.3	4.0	0.4
200-210	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Valid responses	599	628	2558	2559	1942	2032	3299	3089	676	794

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average heights in cm:

	Year 7	Year 8	Year 9	Year 10	Year 11
Boys	152.3	157.8	163.2	170.9	175.0
Girls	153.4	157.1	161.1	163.9	165.0

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Question 35: Do you know your weight in kg?

Percentage responses

	Year 7 (11–12)		*Year 8 (12–13)*		*Year 9 (13–14)*		*Year 10 (14–15)*		*Year 11 (15–16)*	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
20-29kg	2.6	2.8	1.1	1.2	0.5	0.4	0.0	0.2	0.2	0.1
30-34kg	10.3	11.2	5.2	4.7	1.7	1.4	0.2	0.2	0.0	0.0
35-39kg	24.4	23.6	20.0	17.8	7.9	6.0	2.1	2.1	0.2	0.4
40-44kg	21.4	20.5	17.9	16.8	11.1	11.6	3.6	5.5	1.4	3.7
45-49kg	20.0	23.4	22.3	26.9	21.8	26.9	11.2	21.3	4.8	15.5
50-54kg	11.1	9.8	15.9	16.6	19.4	22.5	18.0	27.6	10.6	26.1
55-59kg	5.1	5.2	7.9	8.8	16.3	17.0	19.1	21.0	16.6	25.8
60-64kg	2.4	2.1	4.8	3.4	10.6	7.6	19.9	12.8	21.9	16.1
65-69kg	0.9	0.5	1.9	1.8	4.7	3.0	10.8	4.6	15.1	7.7
70-74kg	1.2	0.0	1.5	1.0	3.5	2.0	7.7	2.5	14.5	2.3
75-79kg	0.2	0.3	0.6	0.6	1.2	0.7	3.3	0.8	7.1	0.9
80-84kg	0.0	0.3	0.5	0.1	0.5	0.4	2.3	0.7	5.0	0.5
Valid responses	574	580	2466	2344	1929	1885	3134	2830	622	737

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average weights in kg:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	42.9	46.2	51.7	58.7	63.6
Girls	42.7	46.0	50.8	53.9	55.6

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Question 36: [How often do you eat these foods?]

Percentage responding ON MOST DAYS

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Lamb, beef, pork	8.8	6.3	7.8	5.2	6.4	5.7	8.0	4.7	8.7	7.2
Poultry, e.g. chicken	6.1	6.3	6.2	5.2	4.1	4.8	5.5	4.7	5.4	5.8
Vegetable pasties, pies	5.9	5.7	4.0	5.1	3.5	5.3	3.1	4.5	3.1	5.9
Meat pasties, pies	6.4	4.2	6.4	3.7	5.3	2.6	4.6	1.9	5.7	2.1
Vegetable burgers/sausages	4.7	4.9	4.8	4.7	3.8	3.8	2.4	2.8	2.2	3.9
Burgers or sausages	14.6	8.3	14.4	6.9	13.5	5.5	10.8	3.5	11.0	3.3
Oily fish	2.9	1.2	2.3	1.2	1.8	0.6	1.6	0.7	1.1	0.9
Other fish	8.1	4.4	8.0	4.8	6.3	3.2	4.8	2.9	5.9	2.9
Eggs	13.0	9.5	13.9	10.6	13.9	10.1	13.2	8.8	16.8	8.5

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1006, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

All 'diet' items are offered on a single page (see Appendix) rather than split as we have given here. We have never resolved difficulties in recording quantity or quality of foods eaten (which is beyond the scope of a questionnaire study), but we are confident of our data here on frequency of consumption.

'Solid protein' list — on most days

The foods listed are essentially solid protein foods, and they are all minority choices. Overall *eggs* come top, with *burgers* a close second for the younger boys. Red meat appears to be a little more popular than white meat. *Other fish* will include fish fingers. One overall gender difference is that typically the percentage for boys against the equivalent group of girls is higher for almost all items. Other food groups in later tables show the opposite effect.

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Question 36: [How often do you eat these foods?]

Percentage responding RARELY OR NEVER

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Lamb, beef, pork	20.1	25.4	18.1	23.9	13.5	22.9	10.1	24.1	8.5	25.8
Poultry, e.g. chicken	17.3	19.2	14.8	16.8	11.9	15.8	7.8	15.8	7.3	15.3
Vegetable pasties, pies	62.4	61.2	60.6	59.6	61.6	56.2	61.9	55.6	60.5	49.7
Meat pasties, pies	29.0	38.6	26.5	35.7	24.1	37.5	21.8	40.1	20.2	41.8
Vegetable burgers/sausages	64.5	63.1	62.0	61.5	64.4	59.9	68.0	60.1	65.0	57.8
Burgers or sausages	14.5	22.1	14.3	22.7	10.3	22.1	9.3	26.1	9.3	30.1
Oily fish	67.6	76.8	64.5	75.0	65.2	77.1	63.2	76.0	61.9	74.2
Other fish	30.9	34.6	26.3	33.0	27.5	36.5	25.6	34.8	20.2	32.6
Eggs	22.3	21.3	20.6	19.8	18.9	18.3	16.3	17.8	13.1	17.0

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

'Solid protein' list — rarely or never

This table complements the table on the opposite page and both should be considered together. About 20–25% say they rarely or never eat *eggs*, although these are likely to be a constituent of other foods.

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Question 36: [How often do you eat these foods?]

Percentage responding ON MOST DAYS

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Ordinary milk	43.2	33.9	43.6	36.0	46.2	33.4	46.5	32.5	47.2	32.3
Low-fat milk	35.0	35.2	35.6	38.1	38.8	41.6	41.6	47.1	45.3	51.4
Soya milk	0.5	0.6	1.2	0.8	0.8	0.8	0.7	0.7	1.0	1.1
Yoghurt	19.3	22.1	17.7	20.4	18.8	19.5	15.0	17.0	17.6	17.6
Low-fat cheese	6.8	6.3	5.5	7.2	5.3	7.4	3.8	6.5	4.4	8.2
Cheese	21.4	22.3	20.3	20.0	21.7	19.6	19.8	18.9	22.3	19.7
Low-fat butter, margarine	21.0	25.2	24.8	29.9	26.5	33.5	31.6	42.2	32.0	43.3
Butter	30.5	34.3	30.9	31.4	32.9	30.0	33.1	28.9	33.8	29.1
Ghee	1.4	0.9	1.8	0.9	1.2	0.6	1.2	0.5	0.7	0.5
Vegetable oil	6.9	7.2	8.1	10.2	8.7	10.0	10.6	11.6	8.7	13.0

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

'Dairy products' list — on most days

Comparison of this table of results to the equivalent table in *Young People in 1992* shows an obvious change towards more consumption of *low-fat milk* and to *low-fat butter or margarine* in preference to *ordinary milk* and *butter*. It would be interesting to discover the extent to which the changes are directed by parents' views, children's views or the school climate. Consumption of *cheese* shows little difference between the sexes and across the years.

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Question 36: [How often do you eat these foods?]

Percentage responding RARELY OR NEVER

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Ordinary milk	30.4	35.7	29.9	38.7	29.0	41.5	29.8	46.3	30.3	45.3
Low-fat milk	36.3	33.1	35.8	32.3	33.5	28.7	30.1	25.1	26.5	22.9
Soya milk	91.3	92.8	89.8	92.7	92.9	92.0	92.7	93.6	93.8	92.9
Yoghurt	20.6	13.6	20.3	16.7	20.6	16.6	25.0	19.3	22.8	19.2
Low-fat cheese	55.5	52.7	58.7	51.5	59.4	47.3	61.4	49.3	60.9	44.9
Cheese	23.0	19.8	24.6	21.5	21.1	19.3	23.0	20.8	19.3	19.6
Low-fat butter, margarine	37.9	35.9	35.4	30.0	34.1	27.9	30.6	23.6	32.3	23.8
Butter	24.6	19.3	24.0	25.3	23.3	27.0	24.0	32.5	24.0	34.1
Ghee	91.2	92.3	89.2	92.1	92.5	93.8	91.7	94.1	93.4	94.1
Vegetable oil	52.2	47.9	49.8	41.7	50.2	37.6	41.9	33.4	42.2	29.7

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

'Dairy products' list — rarely or never

It appears that many items in this list are not common on most shopping lists.

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Question 36: [How often do you eat these foods?]

Percentage responding ON MOST DAYS

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
High-fibre white bread	26.3	20.1	27.0	20.9	26.6	20.1	25.7	19.6	23.4	19.8
White bread	38.4	41.4	41.2	42.3	44.9	43.2	41.2	38.5	47.9	39.2
Wholemeal bread	24.5	23.7	19.5	22.5	22.6	24.6	21.6	27.4	21.7	28.9
Chapatti flour	3.6	3.3	2.1	1.6	2.9	2.2	1.5	1.1	1.8	2.5
Maize flour	1.7	1.7	1.2	0.8	1.3	0.6	1.0	0.6	0.7	0.5
Rice	13.9	14.1	14.7	12.8	10.9	9.5	10.6	9.1	7.9	9.1
Boiled potatoes	21.1	24.8	20.3	24.12	22.6	25.0	19.7	20.6	21.5	23.9
Jacket potatoes	8.1	11.0	7.8	10.4	7.2	10.6	6.7	9.5	7.8	11.4
Chips or roast potatoes	30.9	26.1	33.6	26.8	34.2	24.4	29.4	18.4	31.8	17.7

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

'Carbohydrate' list — on most days

More boys than girls consume *chips or roast potatoes*. Older girls are more likely than boys to consume *wholemeal bread*. *Rice* is less commonly eaten by older groups.

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Question 36: [How often do you eat these foods?]

Percentage responding RARELY OR NEVER

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
High-fibre white bread	32.9	37.7	33.2	36.2	32.8	35.7	33.1	37.4	34.7	37.7
White bread	16.8	16.0	16.2	15.4	14.6	15.9	17.1	20.2	14.7	20.9
Wholemeal bread	30.1	28.7	32.0	28.9	29.3	25.0	28.7	23.9	27.8	23.0
Chapatti flour	80.9	85.0	81.9	85.7	84.2	85.4	84.4	88.2	84.0	84.4
Maize flour	76.7	80.0	77.9	81.7	80.8	82.2	79.2	81.8	81.0	81.5
Rice	24.1	23.3	26.9	22.9	27.1	20.3	25.1	20.2	27.4	19.6
Boiled potatoes	15.1	9.9	14.7	9.3	11.3	7.4	10.3	8.4	9.0	5.8
Jacket potatoes	31.5	24.7	29.6	20.3	25.1	17.5	19.5	12.3	18.9	11.7
Chips or roast potatoes	8.1	7.0	6.5	6.3	4.7	6.6	4.0	6.9	3.8	8.4

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

'Carbohydrate' list — rarely or never

Boys appear more likely than girls to avoid *boiled potatoes, jacket potatoes and rice.* The popularity of *chips or roast potatoes* is confirmed.

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Question 36: [How often do you eat these foods?]

Percentage responding ON MOST DAYS

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Yams	0 .6	1.0	0.7	0.6	0.6	0.4	0.4	0.2	0.8	0.4
Pasta	10.3	11.5	7.9	9.6	9.3	9.6	7.1	8.6	7.4	8.2
Sugar-coated cereals	22.0	12.6	21.5	14.9	23.1	12.2	20.6	9.2	19.6	8.5
High-fibre cereals, muesli	14.6	13.2	13.7	12.5	14.6	13.7	15.3	13.2	16.4	14.4
Other cereals	28.3	25.0	25.6	22.9	24.8	20.1	25.1	17.9	22.7	16.8
Fresh fruit	44.0	54.1	41.1	53.1	39.0	53.9	42.5	57.3	41.9	57.3
Baked beans	16.7	12.0	18.3	13.8	17.3	10.4	14.0	9.7	15.9	11.0
Peas, lentils, etc.	15.3	16.9	13.4	16.5	14.0	15.2	13.3	15.4	13.6	15.0
Tofu	1.6	1.2	1.3	0.7	0.7	0.4	0.6	0.5	0.6	0.7
Nuts	8.3	7.7	7.3	5.5	6.6	4.5	4.1	3.3	4.0	3.3
Plantain	1.0	1.2	1.0	0.6	0.7	0.4	0.7	0.3	0.4	0.5
Vegetables	34.8	45.7	36.4	49.1	37.6	52.5	46.4	59.2	48.0	63.8
Salads	19.0	27.3	16.1	26.0	16.3	24.4	14.9	25.8	15.5	25.3

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

'Fruit and vegetable' list — on most days

Fresh fruit, vegetables and *salads* are all popular with both sexes at all ages; however, the percentage of girls eating them are noticeably higher than for boys. More boys like *sugar-coated cereals.*

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Question 36: [How often do you eat these foods?]

Percentage responding RARELY OR NEVER

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Yams	88.4	92.8	90.4	91.7	90.4	92.4	90.9	93.5	87.9	93.0
Pasta	29.3	27.0	33.9	26.9	28.9	20.0	29.4	21.4	27.9	18.2
Sugar-coated cereals	33.1	40.7	33.2	41.7	30.7	44.3	34.6	52.3	35.2	54.2
High-fibre cereals, muesli	44.0	43.5	43.5	44.2	42.5	42.4	40.5	43.0	39.2	39.7
Other cereals	31.4	33.6	32.0	33.8	33.7	33.5	31.8	35.6	33.5	36.7
Fresh fruit	7.1	4.4	8.7	4.0	8.4	3.6	7.7	3.9	8.6	3.8
Baked beans	20.0	23.5	20.1	24.1	18.3	22.8	17.3	23.9	13.9	20.5
Peas, lentils, etc.	29.3	27.2	29.0	25.1	26.6	23.1	25.0	21.6	22.2	22.1
Tofu	88.8	90.4	88.6	91.2	89.7	91.2	90.3	91.4	89.6	90.4
Nuts	37.2	33.3	34.5	34.4	36.3	33.6	36.4	40.0	37.6	40.3
Plantain	89.7	90.2	88.7	91.8	89.4	91.8	90.6	94.1	90.7	93.0
Vegetables	19.7	12.7	16.5	10.4	15.5	8.7	11.0	7.1	12.8	6.9
Salads	29.2	15.3	28.8	14.9	26.1	11.7	24.1	11.6	24.3	10.6

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

'Fruit and vegetable' list — rarely or never

The suggested popularity of *fresh fruit*, *vegetables* and *salads*, particularly with older groups, is good news. However, a quarter of boys report 'rarely or never' eating *salads*.

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Question 36: [How often do you eat these foods?]

Percentage responding ON MOST DAYS

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Pizza	19.3	15.2	15.8	10.7	17.2	11.4	9.8	7.1	11.9	8.4
Ice cream	18.2	14.1	16.3	12.6	13.3	9.4	9.7	6.3	8.0	4.4
Fruit juice	38.6	41.4	34.9	41.5	36.3	40.5	36.6	42.3	36.8	44.2
Low-calorie drinks	26.4	24.4	21.2	26.2	20.9	26.4	16.9	25.5	16.3	24.1
Fizzy drinks	35.2	26.6	38.5	29.0	40.9	29.1	37.6	21.8	38.9	21.1
Biscuits	28.2	26.4	33.9	29.0	34.7	28.2	34.4	26.4	36.4	27.2
Crisps	42.1	46.7	45.1	46.6	44.5	47.3	43.4	39.5	40.8	35.9
Sweets	40.1	38.2	42.9	40.2	45.2	41.8	39.8	36.3	42.0	34.1
Sugar added to hot drinks	27.0	23.4	31.8	28.1	36.1	28.7	39.5	30.6	43.0	29.8

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

'Sundries' list — on most days

The higher numbers on this page compared with those opposite indicate the general popularity of the foods listed. The more health-conscious, or figure-conscious, girls are also suggested in the different percentages between the sexes, for example, *fizzy drinks, fruit juice, sweets.*

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Question 36: [How often do you eat these foods?]

Percentage responding RARELY OR NEVER

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Pizza	13.0	12.9	13.0	12.4	13.1	12.6	12.6	12.9	11.3	13.4
Ice cream	9.6	12.5	12.5	14.1	12.7	16.1	16.4	22.8	20.5	26.4
Fruit juice	14.0	9.7	13.5	11.3	13.7	9.6	13.1	10.5	13.8	9.2
Low-calorie drinks	24.9	22.2	28.9	23.1	30.6	21.5	32.9	23.3	36.2	27.0
Fizzy drinks	12.4	17.6	11.3	17.0	10.7	17.8	11.6	23.6	10.7	25.8
Biscuits	9.4	8.1	8.5	8.1	7.1	7.8	7.1	9.1	6.5	8.9
Crisps	4.6	3.4	4.5	4.1	4.2	3.8	5.5	7.4	6.3	8.7
Sweets	5.8	4.2	5.0	4.4	4.3	4.1	5.4	5.8	6.1	7.6
Sugar added to hot drinks	32.9	39.0	30.7	38.2	28.3	39.4	28.5	42.1	28.3	45.3

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

'Sundries' list — rarely or never

Quite large percentages do not appear to use *sugar in hot drinks*. *Low-calorie drinks* also appear relatively unpopular.

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Group 2: DOCTOR & DENTIST

The 'doctor' questions reveal when the respondent last visited the doctor. With respect to dental hygiene, questions are asked on treatment or advice, and frequency of visits to the dentist.

Question

How long ago did you last visit the doctor? 23
On this last visit, did you feel at ease with the doctor? 24
[How many times did you clean your teeth yesterday?] 25
On how many days since this time last week have you cleaned your teeth with dental floss? . 26
How long ago did you last visit the dentist? 27
[Treatment or advice given on last visit to the dentist] 28

Question 24: How long ago did you last visit the doctor?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
In the past 7 days	9.9	11.4	10.3	10.5	10.2	11.2	9.4	10.5	10.0	10.8
In the past month	22.6	24.3	23.2	24.0	22.4	25.9	18.5	22.6	19.1	24.6
In the past 3 months	22.3	25.7	23.9	23.9	25.0	23.2	23.9	23.1	24.1	26.6
In the past 6 months	22.1	20.5	20.6	19.9	20.5	18.5	21.9	18.8	19.4	17.1
In the past year	11.8	10.7	11.3	12.7	10.5	11.3	13.6	12.4	13.7	10.5
More than a year ago	11.3	7.4	10.7	9.1	11.4	9.9	12.7	12.6	13.7	10.[illegible]
Valid responses	1047	1071	4413	4243	3132	3168	5045	4588	1005	1167

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The frequency with which young people visit their doctor is remarkably high. ***Young People into the Nineties — Doctor and Dentist*** presents evidence that, over the past seven years, over 70% of boys and girls aged 12 to 16 went to see their doctor on at least one occasion every six months. The figures in the above table show that over half the respondents had visited the doctor within the past three months, and about 90% within the past year. Even though interview work reveals some uncertainty over these longer time intervals, there is no doubt that most young people are visiting their doctor on at least an annual basis, which we believe presents GPs with the chance of getting health promotion messages through to the majority of the young population. There is little gender difference in the data.

We might ask: "Is it healthy to go to the doctor?"

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Question 25: On this last visit, did you feel at ease with the doctor?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Very uneasy	6.6	8.3	6.8	7.4	5.2	6.8	4.8	7.6	5.6	9.4
Quite uneasy	7.5	12.4	8.2	12.7	6.9	12.9	7.9	13.5	8.9	12.1
A little uneasy	25.6	35.3	28.0	41.5	28.3	40.1	30.5	39.6	27.3	37.9
At ease	60.3	44.0	56.9	38.4	59.7	40.2	56.7	39.3	58.3	40.6
Valid responses	1041	1059	4349	4174	3105	3135	5005	4564	990	1162

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

About 60% of the boys report being *at ease* compared with a much lower figure (44% or less) for the girls. One in ten of the girls was *very uneasy* on the last visit to the doctor. How uneasy a young person may feel on visiting the doctor can be affected by whether the doctor is male or female, whether the young person is accompanied or otherwise (this can work in both directions), and the nature of the complaint about which the young person has sought advice.

From other survey data we know that about 75% of GPs are male, and that even boys tend to prefer seeing a female doctor.

Specific coaching in the use of health services is often recommended by health educators, although the Unit's *Just A Tick* topic research* suggests that teachers regard it as of low priority.

Increased age does not appear to bring increased confidence. Does this level of uneasiness persist into adulthood?

* *Health Education Priorities for the Primary School Curriculum*, John Balding, 1989.

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Question 19: [How many times did you clean your teeth yesterday?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	4.0	0.9	3.6	1.4	4.2	1.4	2.5	0.7	3.1	0.6
Once	15.8	10.8	17.6	9.7	17.3	9.9	18.0	8.6	19.0	9.1
Twice	62.7	63.2	64.8	67.6	62.4	63.9	65.1	64.7	61.6	62.3
3 times	15.5	21.7	12.4	18.9	14.0	22.3	13.1	22.7	13.9	25.0
4 times	1.9	3.4	1.7	2.3	2.1	2.5	1.4	3.3	2.4	3.0
Valid responses	1042	1058	4442	4262	3139	3183	5056	4590	1005	1168

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average number of times teeth were cleaned yesterday:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	2.0	1.9	1.9	1.9	1.9
Girls	2.2	2.1	2.1	2.2	2.2

Brushing frequency is high in both sexes across all years. Boys are most likely to report no brushing and the girls' averages are consistently slightly higher than those for the boys.

Note: the question does not ask *What do you usually do?* This latter question invariably produces higher values and averages, and is probably translated as *How do you like to see your own behaviour?*

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Question 20: On how many days since this time last week have you cleaned your teeth with dental floss?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	62.5	60.1	64.1	60.2	63.0	59.5	68.1	63.6	70.3	66.7
One day	6.4	7.3	7.0	9.7	7.2	8.8	5.7	8.1	7.5	7.9
Two days	6.1	7.9	5.4	7.1	5.6	7.7	5.7	7.2	4.2	6.5
Three days	5.3	6.3	5.8	6.3	6.6	6.7	5.0	6.1	4.7	6.3
Four days	4.2	3.6	4.6	4.4	3.7	4.4	3.3	3.8	3.5	2.7
Five days	3.3	3.4	2.6	2.3	2.6	2.5	2.0	1.8	2.0	2.0
Six days	1.7	1.2	1.3	1.4	1.4	1.2	0.9	1.1	0.8	0.9
Seven days	10.4	10.1	9.2	8.6	10.0	9.1	9.2	8.4	7.0	7.1
Valid responses	1060	1075	4464	4280	3155	3188	5070	4606	1008	1168

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Many do not use dental floss. Is flossing a good idea in this age range? The manufacturers undoubtedly believe that it is. Do young people know that it can be provided (*a*) as a tape, (*b*) in different flavours, and (*c*) with or without fluoride?

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Question 28: How long ago did you last visit the dentist?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
In the past 7 days	11.2	10.8	10.1	11.2	10.9	10.5	8.4	9.5	7.7	7.4
In the past month	22.5	28.2	23.9	27.4	25.5	26.1	20.4	21.2	18.8	19.7
In the past 3 months	28.5	30.1	28.3	26.0	27.5	29.2	27.9	29.3	27.9	29.1
In the past 6 months	27.0	23.2	22.9	24.2	23.6	24.5	26.8	27.3	27.5	30.4
In the past year	5.5	4.0	6.9	6.0	5.0	5.0	7.7	6.9	7.6	6.4
More than a year ago	5.3	3.6	7.9	5.3	7.5	4.6	8.8	5.7	10.4	7.0
Valid responses	1047	1063	4397	4230	3131	3167	5032	4576	999	1163

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Most groups contain at least 85% that fit within the '6-month rule'* of visiting a dentist, although there is some indication amongst year 10 and 11 pupils (boys in particular) that a larger percentage of this older age group had not been to their dentist within the last six months. There is a small but substantial percentage of youngsters that have not been within the last year.

* We understand that the '6-month rule' is a rule of thumb only rather than a specific medical recommendation.

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Question 29: [Treatment or advice given on last visit to the dentist]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Routine check-up	76.2	78.0	74.4	78.7	77.0	81.4	79.7	84.3	81.7	84.8
Fillings	19.9	15.9	20.9	18.4	22.2	19.9	18.6	17.4	20.8	19.6
Fissure sealing	6.1	8.1	5.4	6.1	6.0	7.4	5.1	5.3	4.7	4.1
Extractions	13.9	14.1	13.7	12.0	10.2	8.8	9.2	6.7	7.4	4.9
Scale and polish	20.8	21.9	23.3	22.8	24.2	23.2	26.0	26.5	26.6	26.7
Brace fitted or examined	8.3	12.7	10.5	15.9	12.4	16.2	13.9	17.5	9.6	11.0
Advice on brushing	25.2	22.7	27.3	21.2	25.6	20.1	23.9	18.7	23.2	15.6
Advice on 'flossing'	5.8	5.0	6.6	5.9	7.1	6.3	7.4	6.6	7.3	6.3

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Around one in five boys and girls had teeth 'filled' on their last visit. Extractions become less frequent with age; doubtless this has something to do with milk teeth. About a quarter of all the young people in the table had their teeth polished. Girls are more likely to be using a brace, while boys are more likely to record that they have been given advice on brushing teeth (page 25 reveals that girls are more likely to brush their teeth). Only a small percentage received advice on flossing (see page 26).

Further discoveries about the toothbrushing habits and motivation for toothbrushing, gleaned from the *Health Related Behaviour Questionnaire*, is being published in *Toothbrushing in Adolescence* by Ian Macgregor, John Balding & David Regis, 1994, available from the Unit.

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Group 3: HEALTH & SAFETY

Many of the questions in this group reflect a traditional view of health — physical cleanliness and use of medicines.

Question

How often do you wash your hands after visiting the lavatory? 31
[How many baths or showers have you had at home or elsewhere since this time last week?] . 32
Since this time last week, on how many days have you taken remedies for
any of the following complaints? 33
During the last 7 days, on how many days have you used
any of the following remedies or medications? 34
Do you have a night cough which disturbs your sleep? 35
When you run, do you 'wheeze' and have trouble breathing (not just out of breath)? 36
[Those who report 'wheezing' and who also take asthma medication] 37

Question 18: How often do you wash your hands after visiting the lavatory?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Never or almost never	1.5	1.2	2.6	1.1	2.7	0.9	3.2	1.1	4.2	1.4
Sometimes	24.9	16.9	30.0	22.8	28.2	20.2	28.9	19.6	27.1	18.2
Whenever possible	73.6	81.8	67.4	76.1	69.1	79.0	67.8	79.3	68.7	80.4
Valid responses	1034	1057	4413	4250	3126	3170	5035	4581	1004	1168

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

With increasing age, an increasing percentage of boys select the lowest response category. Girls are far more likely to observe best hygiene practice. Sometimes, school toilets may (*a*) be uninviting or hostile, (*b*) have poor provision for washing, or (*c*) combine both (*a*) and (*b*). Are young people sufficiently aware that washing hands after visiting the lavatory is vital to breaking the cycle of threadworm transmission?

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Question 21: [How many baths or showers have you had at home or elsewhere since this time last week?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	0.4	0.4	0.3	0.2	0.2	0.2	0.5	0.2	0.5	0.2
One	2.2	2.9	3.8	2.3	1.8	1.5	2.1	1.3	1.4	1.1
Two	6.0	7.4	7.9	5.5	5.5	3.7	6.5	3.6	5.1	2.8
Three	10.8	12.3	12.8	11.4	11.1	10.2	11.8	9.0	12.5	7.6
Four	13.5	15.4	14.6	14.8	14.4	15.2	14.5	14.7	17.5	14.9
Five	14.8	12.8	13.8	14.7	13.3	14.3	13.5	14.0	12.4	15.5
Six	10.3	11.8	10.5	10.6	11.4	11.7	9.8	11.4	8.9	11.7
Seven	10.8	11.6	13.1	15.2	16.1	17.6	16.7	19.6	18.6	17.7
Eight or more	31.2	25.4	23.2	25.2	26.2	25.5	24.6	26.2	23.1	28.4
Valid responses	1053	1073	4437	4264	3143	3183	5059	4596	1003	1167

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

No wonder there are frequent water shortages!

It is interesting to examine the data on pages 104 – 110 concerning the things about which young people worry a lot. Their anxiety over the way they look is seen in a perspective of other causes for concern.

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Question 22: Since this time last week, on how many days have you taken remedies for any of the following complaints?

Percentage responses for ONE DAY OR MORE

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Asthma	11.2	8.5	11.9	10.4	13.4	10.6	10.5	10.0	12.6	11.0
Colds, throat or 'flu	27.6	35.3	26.4	38.1	26.6	38.5	26.8	36.4	29.6	43.7
Diabetes	0.8	1.2	0.9	0.5	1.0	0.7	0.7	0.4	0.3	0.3
Epilepsy	1.2	0.9	1.1	0.7	0.6	0.5	0.8	0.5	0.4	0.7
Hay fever or allergies	8.0	7.7	8.4	9.4	7.7	9.7	6.6	9.4	3.8	7.9
Skin problems	9.2	14.8	11.1	20.5	12.9	20.3	14.9	22.5	14.9	22.9
None of the above	58.1	49.6	56.5	44.6	54.4	43.9	55.4	44.7	53.8	40.2

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

With such high percentages for *colds, throat or 'flu*, readers often ask "Were all surveys in the winter?" They were not, see page xxvii. The most common reason for the 'last visit to the doctor' reported in earlier versions was for the *colds, throat or 'flu* category (around 20% — see *Young People into the Nineties: Doctor & Dentist*). Girls are more likely to take remedies than boys — do they suffer more, or do they, in consequence, suffer less?

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Question 23: During the last 7 days, on how many days have you used any of the following remedies or medications?

Percentage responses for ONE DAY OR MORE

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Iron tablets	3.9	2.9	3.9	3.6	3.9	5.5	4.4	7.0	4.2	8.1
Vitamin tablets	22.9	22.5	21.0	23.5	20.5	24.0	20.5	26.1	18.2	24.9
Antibiotics	5.1	6.3	4.9	7.2	5.6	9.4	6.5	9.2	6.2	11.5
Painkillers	23.9	31.2	28.2	41.4	30.4	49.6	30.9	54.6	33.1	56.2
Lotions or creams	16.9	38.7	19.5	47.6	20.8	46.3	22.7	49.9	19.7	48.8
Laxatives	0.9	1.6	1.0	1.0	1.2	1.2	1.2	1.0	1.1	2.3
Herbal or homeopathic	2.5	3.9	2.9	4.5	2.7	4.5	3.8	5.9	2.7	7.6
Other	3.3	4.6	4.3	3.9	3.9	3.7	4.1	4.6	4.3	5.7
None of the above	47.3	32.2	45.1	24.2	43.3	21.8	41.5	17.5	42.5	18.0

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

If you don't already invest in the pharmaceutical industry, now may be good time to review your portfolio! *Vitamins, pain killers* and *lotions or creams* would appear to be the best bet. The bottom line (None of the above) reveals that over half the boys and around four out of every five girls have used at least one of the listed categories on at least one day during the last 7. (The fine detail of the analysis of exactly how many days is available.) The use of 'painkillers' reaches over 50% amongst older girls.

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Question 27: Do you have a night cough which disturbs your sleep?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Never	64.9	53.9	67.1	53.8	69.8	56.6	72.3	60.1	72.4	55.1
Occasionally	27.6	36.0	26.0	36.5	24.5	34.8	22.9	33.3	23.9	36.6
Quite often	4.4	7.0	4.6	6.1	3.7	5.7	2.9	4.3	2.4	5.4
Very often	3.1	3.1	2.2	3.5	2.0	2.9	1.9	2.3	1.3	2.9
Valid responses	1043	1064	4373	4200	3113	3152	5009	4564	995	1157

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Between 5% and 10% of boys and girls report 'quite often' and 'very often' being disturbed. Is this asthma-related? Our cross-tabulation of this question with asthma medication suggests not.

Alternatively is it related to atmospheric pollution? Our data comparing Scotland, the North and the London Regional Health Authorities shows no marked difference between these different parts of the country. An analysis by school catchment area (for example, rural/urban) might be revealing and awaits execution.

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Question 26: When you run, do you 'wheeze' and have trouble breathing (not just out of breath)?

Percentage responses

	Year 7 (11–12)		*Year 8 (12–13)*		*Year 9 (13–14)*		*Year 10 (14–15)*		*Year 11 (15–16)*	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Never	48.3	37.0	45.9	34.7	47.4	37.0	48.0	36.9	51.9	38.3
Occasionally	34.6	41.3	35.4	42.5	35.3	42.4	38.0	44.6	36.4	44.4
Quite often	9.6	13.2	11.3	13.6	10.5	11.8	8.7	10.9	6.8	9.9
Very often	7.6	8.6	7.5	9.2	6.8	8.8	5.3	7.6	4.9	7.4
Valid responses	1046	1063	4398	4223	3120	3165	5039	4583	1000	1160

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

We have used this question to discover pupils with possible asthma symptons. The table opposite picks up some of this data.

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Questions 22a & 26: [Those who report 'wheezing' and who also take asthma medication]

Percentage responses

	Boys		Girls	
Responses	*'Never' or 'Occasionally' wheeze*	*'Quite often' or 'Very often' wheeze*	*'Never' or 'Occasionally' wheeze*	*'Quite often' or 'Very often' wheeze*
No medication	11,404	1,384	10,857	1,833
Percentages	93.7%	59.0%	96.4%	63.4%
Asthma medication	763	960	403	1,056
Percentages	6.3%	41.0%	3.6%	36.6%
Valid responses	12,167	2,344	11,260	2,889

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

If the reader is 'good with figures' then some pencil and paper calculations can reveal more information from the figures. Examination of the 'valid responses' line reveals a large proportion of both boys and girls reporting wheezing: 16% of boys and 20% of girls.

The links with asthma medication show that some boys and girls using medication report little or no discomfort, presumably showing good management of the condition, but many do still 'wheeze'. It is also noted that many who did not take asthma medication do report wheezing. Many doctors believe that a proportion of asthma sufferers are undiagnosed, and therefore have no access to support medication that could enhance their quality of life.

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Group 4: HOME

Young people spend the majority of their time in and around the home, and it is important for teachers designing an effective health-education input to understand this background. Relevant questions are scattered through the Health Related Behaviour Questionnaire, but the ones included here relate particularly to spare-time activities and home routine. There is also an attempt to derive a 'newspaper readership index' from information about national daily newpapers read by the family.

Question

[How long did you spend watching television after school yesterday?] 41
[How long did you spend doing homework after school yesterday?] 42
[Time spent on activities after school] 43
Does anyone in your family at home take any of these newspapers regularly? 44
[Newspaper readership group] 45

Question 8a: [How long did you spend watching television after school yesterday?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Not at all	17.3	14.7	11.4	8.8	11.7	9.2	9.9	8.3	9.7	9.6
Up to 1 hour	32.5	34.2	25.6	25.9	25.9	27.0	23.4	25.8	21.4	26.5
Up to 2 hours	26.7	26.5	26.8	30.3	26.8	30.2	28.5	31.2	30.0	31.6
Up to 3 hours	10.6	11.9	17.7	19.1	18.1	18.6	20.1	19.1	20.4	18.0
More than 3 hours	12.8	12.8	18.5	15.8	17.4	15.1	18.1	15.6	18.6	14.3
Valid responses	1036	1042	4403	4246	3133	3168	5030	4587	1001	1163

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The average number of hours spent watching television were as follows:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	1.7	2.1	2.0	2.1	2.2
Girls	1.7	2.1	2.0	2.1	2.0

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Question 8b: [How long did you spend doing homework after school yesterday?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Not at all	36.8	30.9	36.3	27.6	37.6	27.5	31.4	24.4	36.2	23.4
Up to 1 hour	48.4	48.1	44.7	47.1	42.4	44.2	39.3	38.6	32.2	30.4
Up to 2 hours	12.0	16.2	14.9	18.6	15.6	21.5	20.9	24.9	21.6	26.6
Up to 3 hours	1.6	3.8	3.0	5.2	3.3	5.3	6.2	9.0	7.1	12.3
More than 3 hours	1.3	1.1	1.2	1.5	1.1	1.6	2.2	3.1	2.9	7.2
Valid responses	1017	1030	4362	4206	3107	3158	5006	4565	991	1156

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The average number of hours spent doing homework were as follows:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	0.8	0.9	0.9	1.1	1.1
Girls	1.0	1.1	1.1	1.3	1.5

The consistently higher levels of involvement of girls is immediately obvious.

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Question 9: [Time spent on activities after school]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Watched TV	80.8	82.7	87.4	90.5	87.6	90.3	89.4	91.4	89.7	90.0
Homework	60.7	66.2	62.3	71.1	61.5	71.8	67.7	74.9	62.7	75.8
Watched video	12.8	10.6	16.5	11.5	14.6	10.1	14.5	10.8	13.2	9.7
Listened to music	45.8	53.5	51.4	67.8	59.4	73.6	70.2	81.8	75.1	80.4
Met friends	56.0	43.5	56.3	47.7	58.6	48.2	54.4	49.5	50.7	43.3
Used computer	49.0	26.1	59.9	27.5	51.8	19.6	51.8	17.3	41.4	14.2
Drawing for pleasure	23.6	21.8	20.2	19.3	18.4	13.8	14.1	12.5	12.7	10.7
Writing for pleasure	7.7	16.4	7.5	16.1	5.4	14.4	6.1	13.7	4.9	13.6
Read a book	38.1	52.1	32.8	44.8	26.5	41.1	26.3	37.0	19.9	33.6
Read magazines	37.7	41.4	45.2	50.4	44.0	53.8	49.7	50.6	42.0	46.8
Pets	47.0	54.5	48.6	56.0	46.3	55.3	43.4	52.4	41.6	50.7
Scouts, guides, choir, etc.	8.8	10.9	8.5	10.3	7.5	7.4	7.5	6.1	4.9	4.9
Played instrument	14.8	23.9	13.1	19.6	13.4	18.3	12.9	15.1	13.9	12.3
None of the above	1.3	2.0	0.7	0.4	0.3	0.2	0.3	0.2	0.7	0.3

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

There are interesting, consistent and expected gender differences. Girls were more involved with *reading magazines* and *reading books, writing for pleasure, homework* and *pets*. Boys were more likely to have *met friends, used the computer* and *watched video*. Reading books and doing homework can clearly co-exist with watching television.

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Question 54: Does anyone in your family at home take any of these newspapers regularly?

Percentage responding YES

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Daily Express	10.2	11.2	10.9	9.9	9.6	9.9	12.7	11.6	11.7	13.1
Daily Mail	14.0	17.5	15.7	18.3	13.4	17.6	18.2	19.2	13.7	17.0
Daily Telegraph	6.9	4.6	5.9	5.3	6.3	5.6	10.0	8.2	5.6	8.4
The Star	7.8	10.9	10.2	11.5	9.6	10.0	8.1	9.4	10.2	11.0
Today	6.7	6.5	6.1	7.6	5.0	6.6	6.5	7.0	6.0	5.8
The Scotsman	12.0	12.3	3.4	3.7	5.2	4.6	2.8	2.5	2.0	1.8
Daily Record (Scotland)	39.3	39.2	25.6	26.7	36.4	36.5	7.7	8.4	10.5	6.7
The Guardian	6.4	5.2	8.7	9.2	6.2	7.2	7.8	10.1	6.9	8.2
Daily Mirror	23.5	25.7	26.1	31.2	20.1	22.2	27.6	28.0	26.8	25.7
The Times	13.0	14.4	11.5	14.7	10.8	11.3	12.2	13.4	9.8	11.1
The Sun	38.7	40.8	39.6	41.0	39.4	38.2	32.5	34.3	33.0	30.4
The Independent	4.3	4.2	5.3	5.7	5.1	5.3	7.2	8.1	6.1	7.8
Daily Express (Scotland)	11.7	12.6	6.8	7.6	7.5	8.0	3.1	3.1	2.1	1.8
Glasgow Herald (Scotland)*	9.7	9.8	7.4	8.7	11.1	11.1	2.3	2.8	0.1	0.3
No national daily paper	14.2	13.9	15.7	13.6	13.1	12.2	17.9	16.6	19.7	19.5

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

As we discovered in our report on the 142 surveys carried out in 1991, this variable is regionally sensitive. It comes as no surprise, therefore, to find high percentages connected with the Daily Record (Scotland) in the year groups 7, 8 and 9 where the percentage composition of the sample of Scottish boys and girls is also high (see p. x).

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Question 54: [Newspaper readership group]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
1 (Times, Telegraph, Guardian, Independent, Glasgow Herald, The Scotsman)	40.0	40.4	33.6	37.0	34.1	34.9	31.9	34.0	25.8	29.6
2 (Mail, Express, Today, Daily Record, Scottish Express)	18.7	21.4	21.3	21.6	19.2	23.7	26.7	26.7	26.7	30.9
3 (Mirror, Star, Sun)	41.3	38.2	45.1	41.4	46.7	41.4	41.4	39.3	47.5	39.5
Valid responses	884	902	3588	3578	2636	2710	3978	3715	772	888

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The newspapers are grouped in this way because (*a*) there are many differences in patterns of behaviour between young people from the three groups and (*b*) newspapers are read with different frequencies between the different social classes (Tunstall, 1982, see p. xxv). This table allows comparison with our other published work. We know that newspaper readership is strongly dependent upon region (see opposite).

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Group 5: DRUGS

Information about the use of drugs, whether legal or illegal, is often sensationalised. It is an area where the teacher may feel handicapped by a lack of knowledge about their degree of use, and a confidential questionnaire offers the best chance of deriving reliable information. Although tobacco and alcohol are in a general sense 'legalised', some of the questions reveal the extent of under-age purchase of alcoholic beverages. Tables referring to the availability of solvent and 'illegal' drugs are presented, plus responses to questions about the availability of information on these drugs.

Question

How many cigarettes have you smoked during the last 7 days? 49
Smoking behaviour: which statement describes you best? 50
Attitude to smoking: which statement describes you best? 51
Do any of these people smoke on most days? 52
How many people smoke on most days in your home? 53
[During the last 7 days, how many pints of canned shandy have you drunk?] 54
[During the last 7 days, how many pints of mixed shandy have you drunk?] 55
[During the last 7 days, how many pints of beer or lager have you drunk?] 56
[During the last 7 days, how many pints of low-alcohol beer or lager have you drunk?] 57
[During the last 7 days, how many pints of cider have you drunk?] 58
[During the last 7 days, how many glasses of wine have you drunk?] 59
[During the last 7 days, how many glasses of low-alcohol wine have you drunk?] 60
[During the last 7 days, how many glasses of fortified wine have you drunk?] 61
[During the last 7 days, how many measures of spirits have you drunk?] 62
[Total number of units of alcohol consumed in the last 7 days] 63
During the last 7 days, on how many days did you drink alcohol?] 64
Have you bought alcoholic drink at any of these places during the last 7 days? 65
Have you drunk alcoholic drink at any of these places during the last 7 days? 66

If you ever drink alcohol at home, do your parents know? 67
What do you know about these drugs? 68
[Has anyone ever offered or encouraged you to try any of these drugs?] 69
[Have you ever taken any of these drugs?] 70
[Do you know anyone who you think takes any of these drugs?] 71
[If you know anyone who you think takes drugs, what do they use?] 72

Question 37: How many cigarettes have you smoked during the last 7 days?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	95.7	95.8	93.9	92.2	87.2	82.5	80.7	74.5	70.8	70.5
1-10 cigarettes	3.2	3.5	3.2	5.0	4.5	8.2	6.9	9.4	8.8	8.5
11-15 cigarettes	0.2	0.1	0.3	0.5	1.0	1.1	1.1	1.4	1.8	1.7
16-25 cigarettes	0.4	0.2	1.0	0.8	1.7	2.5	2.4	3.8	3.5	2.6
26-35 cigarettes	0.2	0.1	0.4	0.5	0.9	2.0	1.5	2.4	2.0	3.3
36-45 cigarettes	0.1	0.1	0.4	0.3	1.2	0.9	1.5	2.2	1.8	3.0
46-55 cigarettes	0.1	0.0	0.1	0.3	0.9	0.7	1.3	1.5	1.7	2.7
56-65 cigarettes	0.1	0.0	0.1	0.0	0.7	0.4	0.9	1.3	2.1	2.0
65+ cigarettes	0.1	0.3	0.6	0.3	2.0	1.5	3.6	3.4	7.3	5.6
(Percentage who smoke)	(4.3)	(4.2)	(6.1)	(7.8)	(12.8)	(17.5)	(19.3)	(25.5)	(29.2)	(29.5)
Valid responses	1045	1065	4400	4238	3123	3162	4971	4554	986	1152

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average number of cigarettes smoked in the past week by smokers:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	11.3	21.3	31.1	32.9	38.2
Girls	10.6	14.6	22.7	29.4	37.5

We calculate that the year 11 sample of 1,152 girls included 340 who smoked, and between them the smokers inhaled the smoke from 12,744 cigarettes in one week (and doubtless shared the opportunity with others).

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Question 38: [Smoking behaviour: which statement describes you best?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Never smoked	73.3	77.5	65.0	59.5	52.1	44.1	42.5	36.1	39.6	31.7
Tried smoking once or twice	19.1	15.2	22.5	22.7	26.5	27.1	28.2	24.2	23.6	25.6
Used to smoke	4.9	4.0	6.4	9.6	8.6	9.6	9.0	11.7	6.2	9.4
Smoke occasionally	2.0	2.6	3.2	5.3	5.8	10.2	9.9	13.1	13.1	13.9
Smoke regularly	0.7	0.7	2.8	2.9	7.0	9.0	10.3	14.9	17.5	19.3
(Percentage of smokers)	(2.7)	(3.3)	(6.0)	(8.2)	(12.8)	(19.2)	(20.2)	(28.0)	(30.6)	(33.2)
Valid responses	1043	1063	4387	4236	3108	3156	5004	4584	997	1158

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

We regard those who smoke *occasionally* and *regularly* as 'smokers', when answering this question. We have accumulated the total of 'smokers' in parentheses.

In Table 39.1 opposite on page 51, we have again calculated a percentage of 'smokers'. In Table 39.2 we show the three sets of percentages derived from the three separate but overlapping questions shown on pp. 50 and 51, for this large sample of young people.

Ever since this method has been in use we have been aware of the different percentages of 'smokers' different questions can reveal. Whereas the percentage answers to each are interesting and differences between them can often be explained, the one we have most confidence in is the first, namely the percentage who have smoked in the past 7 days.

Differences may arise through (*a*) memory failure, (*b*) no smoking last week by people who ordinarily smoke, (*c*) smoking last week by people who do not regard themselves as smokers.

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Question 39: [Attitude to smoking: which statement describes you best?]

Percentage responses

Table 39.1

Responses	*Year 7 (11–12)*		*Year 8 (12–13)*		*Year 9 (13–14)*		*Year 10 (14–15)*		*Year 11 (15–16)*	
	Boys	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Don't smoke and never will	85.3	83.8	83.0	77.3	78.3	69.8	71.2	63.6	64.6	59.7
Don't smoke but may do	11.4	12.0	10.9	14.7	9.3	11.7	9.7	10.0	7.6	9.4
Smoke, but like to give up	2.1	3.8	4.8	6.8	9.3	14.3	13.9	20.1	19.2	23.6
Smoke, don't want to give up	1.2	0.4	1.4	1.3	3.1	4.2	5.1	6.3	8.6	7.3
(Percentage of smokers)	(3.3)	(4.2)	(6.2)	(8.1)	(12.4)	(18.5)	(19.0)	(26.4)	(27.8)	(30.9)
Valid responses	1037	1057	4339	4188	3098	3125	4946	4517	977	1137

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Table 39.2

Smoking . . .	*Year 7*		*Year 8*		*Year 9*		*Year 10*		*Year 11*	
	Boys	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
In last 7 days (p. 49)	4.3	4.2	6.1	7.8	12.8	17.5	19.3	25.5	29.2	29.5
Regularly or occasionally (p.50)	2.7	3.3	6.0	8.2	12.8	19.2	20.2	28.0	30.6	33.2
Smokers (Table 39.1 above)	3.3	4.2	6.2	8.1	12.4	18.5	19.0	26.4	27.8	30.9

Commentary

The groups signalling that they would like to give up present a challenge, as do those who say they might smoke in the future.

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Question 40: Do any of these people smoke on most days?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	32.0	30.9	31.4	33.7	33.3	34.4	27.2	30.5	32.0	30.8
Father	34.3	34.7	36.7	35.6	35.0	36.3	33.6	34.1	34.7	33.7
Brother	7.5	7.6	10.8	10.1	12.3	12.3	13.4	13.8	16.8	15.6
Sister	6.3	8.1	8.4	11.0	11.0	11.9	10.3	13.6	14.3	13.6
Other close relation	60.8	61.9	60.7	61.2	59.3	60.4	52.9	55.0	51.9	49.7
Close friend	20.9	18.8	22.5	25.3	34.8	37.8	42.7	47.7	54.5	52.7
None of the above	20.7	20.7	19.6	19.3	19.0	17.5	19.9	17.1	17.6	18.8

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

This information is of interest to doctors, who may be concerned about passive smoking, and to teachers, who may be interested to know about family models, and also need to avoid creating conflict through smoking lessons. See also the table opposite.

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Question 41: How many people smoke on most days in your home?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	50.7	50.1	49.4	47.4	47.9	45.3	49.9	46.4	45.7	46.2
One	26.8	27.7	26.2	26.9	25.4	25.6	26.0	25.9	23.9	24.9
Two	15.7	14.3	15.8	16.9	16.9	18.8	15.2	16.9	18.3	15.4
Three	3.9	4.2	4.6	4.7	5.6	6.4	5.2	6.6	7.2	7.7
Four or more	3.0	3.6	4.0	4.2	4.1	3.9	3.7	4.3	4.8	6.0
Valid responses	1030	1046	4310	4171	3096	3150	4938	4550	982	1150

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average numbers of smokers in homes where smoking occurs:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	1.8	2.1	2.0	1.8	1.8
Girls	2.0	2.1	2.1	1.8	1.9

About half of the homes are smoke-free. In the rest there is an average of two smokers.

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Question 55a: [During the last 7 days, how many pints of canned shandy have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	79.7	91.3	74.8	83.9	76.3	85.8	80.4	88.0	84.0	90.5
1 pint	14.9	6.7	18.8	13.1	17.4	11.3	14.5	10.4	11.3	7.4
2 pints	2.9	1.1	3.9	2.0	3.7	2.0	3.2	1.1	2.7	1.3
3 pints	1.2	0.3	0.8	0.6	1.3	0.6	0.9	0.2	0.9	0.3
4 pints or more	1.3	0.6	1.6	0.3	1.3	1.0	1.0	0.3	1.0	0.6
Valid responses	1020	1045	4250	4165	3042	3096	4884	4522	964	1103

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average amounts consumed by drinkers:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	1.5 pt	1.6 pt	1.5 pt	1.5 pt	1.6 pt
Girls	1.5 pt	1.3 pt	1.3 pt	1.3 pt	1.4 pt

The alcoholic content of canned shandy is clearly very low, but this drink may be a marker or rehearsal for more serious alcohol consumption.

Question 55a: [During the last 7 days, how many pints of mixed shandy have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	89.6	95.7	85.6	91.6	86.1	92.5	88.2	93.1	89.1	93.3
1 pint	7.6	3.2	10.1	6.7	10.4	5.7	8.1	5.3	6.5	4.9
2 pints	1.7	0.9	2.7	1.2	2.2	1.4	2.1	1.2	2.7	1.5
3 pints	0.6	0.2	0.8	0.3	0.7	0.3	0.8	0.2	0.8	0.2
4 pints or more	0.5	0.1	0.8	0.1	0.6	0.2	0.8	0.1	0.8	0.2
Valid responses	1021	1045	4253	4166	3042	3097	4883	4525	964	1103

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average amounts consumed by drinkers:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	1.5 pt	1.5 pt	1.4 pt	1.6 pt	1.7 pt
Girls	1.5 pt	1.4 pt	1.3 pt	1.3 pt	1.5 pt

The alcoholic content of a standard pint of mixed shandy (half and half), made with ordinary bitter beer, is about 1 unit.

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Question 55a: [During the last 7 days, how many pints of beer or lager have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	89.9	96.4	84.4	91.1	77.4	87.0	61.1	78.8	47.3	71.8
1 pint	7.2	2.6	9.7	6.1	11.8	8.2	14.9	11.8	12.4	12.9
2 pints	1.3	0.4	3.1	1.6	4.8	2.7	8.4	4.8	11.0	6.5
3 pints	0.8	0.4	1.2	0.6	2.1	0.9	5.0	2.0	6.4	2.5
4 pints	0.3	0.1	0.6	0.3	1.4	0.6	3.2	1.2	7.0	2.3
5 pints	0.3	0.1	0.4	0.1	0.8	0.3	2.5	0.6	2.9	1.6
6 pints	0.0	0.1	0.2	0.1	0.5	0.1	1.6	0.3	3.6	0.8
7 pints	0.0	0.0	0.2	0.0	0.3	0.0	0.7	0.1	1.4	0.7
8 pints	0.2	0.0	0.0	0.0	0.3	0.1	0.8	0.1	2.9	0.3
9 or more	0.1	0.0	0.1	0.1	0.6	0.1	1.8	0.3	5.1	0.6
Valid responses	1020	1046	4279	4203	3061	3125	4896	4540	979	1138

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average amounts consumed by drinkers:

	Year 7	Year 8	Year 9	Year 10	Year 11
Boys	1.7 pt	1.8 pt	2.3 pt	3.0 pt	4.1 pt
Girls	1.6 pt	1.6 pt	1.3 pt	2.0 pt	2.5 pt

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Question 55a: [During the last 7 days, how many pints of low-alcohol beer or lager have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	93.9	97.4	92.7	96.3	93.0	96.3	92.6	96.6	94.1	96.8
1 pint	4.9	1.8	5.3	2.8	4.7	3.0	4.7	2.4	3.4	2.5
2 pints	0.7	0.3	1.0	0.5	1.3	0.5	1.4	0.6	2.1	0.4
3 pints or more	0.5	0.5	1.0	0.3	1.0	0.2	1.2	0.4	0.4	0.4
Valid responses	1021	1046	4280	4203	3064	3126	4918	4547	984	1141

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average amounts consumed by drinkers:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	1.3 pt	1.7 pt	1.7 pt	1.9 pt	1.6 pt
Girls	1.6 pt	1.6 pt	1.3 pt	1.6 pt	1.4 pt

The alcoholic content of these drinks is low but not negligible. We have heard of cases of drivers falling foul of the law after assuming that they were innocuous. For the purposes of calculating units of alcohol (p. 63), a pint of low-alcohol beer is assumed to contain ⅔ unit.

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Question 55a: [During the last 7 days, how many pints of cider have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	90.9	95.5	88.1	88.8	80.3	83.5	78.4	77.3	72.9	73.5
1 pint	6.6	3.5	6.9	6.9	9.6	8.2	10.7	11.5	11.1	11.7
2 pints	1.2	0.3	2.8	2.4	4.8	3.4	4.9	5.3	6.6	6.6
3 pints	0.6	0.3	1.1	1.0	2.3	2.3	2.4	2.1	3.7	3.1
4 pints	0.3	0.2	0.5	0.5	1.0	1.2	1.7	1.6	2.2	2.2
5 pints or more	0.5	0.2	0.6	0.3	2.1	1.5	1.9	2.1	3.3	2.9
Valid responses	1020	1045	4248	4167	3036	3087	4875	4514	963	1103

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average amounts consumed by drinkers:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	1.6 pt	1.9 pt	2.2 pt	2.3 pt	2.5 pt
Girls	1.5 pt	1.8 pt	2.2 pt	2.1 pt	2.4 pt

This maybe a regionally variable drink: young people in the West Country might be expected to make more use of it than their contemporaries elsewhere.

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Question 55a: [During the last 7 days, how many glasses of wine have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	87.1	90.8	84.9	83.3	81.6	78.7	75.9	70.7	74.2	66.8
1 glass	8.4	6.0	9.8	9.6	9.8	11.1	11.3	13.0	10.4	12.2
2 glasses	2.4	2.0	2.9	3.6	3.7	4.7	6.0	7.8	7.0	9.9
3 glasses	1.1	0.2	1.2	1.4	2.1	2.4	2.9	3.5	2.7	4.2
4 glasses	0.2	0.3	0.4	1.0	0.9	1.4	1.3	2.0	1.6	3.0
5 glasses or more	0.9	0.7	0.9	1.2	1.9	1.6	2.6	3.1	4.0	3.5
Valid responses	1020	1045	4274	4193	3052	3117	4910	4534	981	1137

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average number of glasses of wine consumed by drinkers:

	Year 7	Year 8	Year 9	Year 10	Year 11
Boys	1.8	1.8	2.2	2.4	2.7
Girls	1.7	2.1	2.0	2.3	2.7

Wine, we understand, is growing more popular nationally, and here it is seen to be consumed by about one third of the older girls (and by more girls than boys, except among the very youngest groups).

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Question 55a: [During the last 7 days, how many glasses of low-alcohol wine have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	94.4	95.5	93.7	93.1	94.2	93.4	95.6	94.3	96.2	95.4
1 glass	3.6	3.3	4.2	4.6	3.8	4.2	2.5	3.3	2.2	2.5
2 glasses	1.4	0.7	1.2	1.5	1.1	1.4	1.1	1.4	0.7	1.3
3 glasses or more	0.6	0.5	0.8	0.7	0.9	1.0	0.8	1.0	0.8	0.9
Valid responses	1021	1046	4284	4203	3066	3127	4918	4547	984	1141

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average number of glasses of low-alcohol wine consumed by drinkers:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	1.6	1.9	1.9	2.0	2.2
Girls	2.1	1.6	1.7	1.8	1.8

The comments on low-alcohol beer (page 57) apply equally here. For the purposes of calculating units of alcohol (page 63), a glass of low-alcohol wine is assumed to contain ⅓ unit.

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Question 55a: [During the last 7 days, how many glasses of fortified wine have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	94.9	95.2	94.0	91.7	92.4	89.2	89.7	82.8	88.8	78.5
1 glass	3.0	3.1	3.5	4.9	3.6	5.6	5.0	8.0	5.6	9.2
2 glasses	0.7	0.9	1.1	1.7	1.6	2.4	2.4	4.4	2.0	5.6
3 glasses or more	1.4	0.9	1.4	1.7	2.2	2.8	3.1	4.8	3.5	6.7
Valid responses	1021	1045	4281	4199	3058	3124	4902	4543	982	1139

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average number of glasses of fortified wine consumed by drinkers:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	2.1	2.0	2.5	2.4	2.7
Girls	2.3	1.9	2.1	2.3	2.6

In the questionnaire these are identified as 'Martini, Cinzano, sherry, Babycham, etc.'. Over many years of data-gathering, the girls' preference for these drinks has become well established.

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Question 55a: [During the last 7 days, how many measures of spirits have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	95.8	97.3	93.4	94.4	89.3	89.9	83.2	84.5	78.2	79.5
1 measure	2.6	1.8	3.7	2.9	5.4	4.3	6.6	5.9	7.2	6.5
2 measures	0.6	0.2	1.2	1.0	1.3	2.2	3.4	3.9	5.1	5.3
3 measures	0.2	0.2	0.5	0.5	1.0	1.3	1.9	1.9	2.7	2.7
4 measures	0.2	0.3	0.3	0.5	0.8	0.7	1.4	1.3	1.5	1.8
5 measures or more	0.6	0.2	0.7	0.7	2.1	1.5	3.6	2.5	5.2	4.3
Valid responses	1021	1045	4274	4196	3052	3121	4882	4522	979	1132

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average measures of spirits consumed by drinkers:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	2.4	2.4	3.2	3.3	3.4
Girls	2.8	2.3	2.6	3.0	3.1

These 'measures', if poured by themselves or a friend rather than purchased, could be generous!

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Question 55a: [Total number of units of alcohol consumed in last 7 days]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	72.8	83.0	64.7	69.7	55.4	60.0	42.9	45.9	33.1	39.8
1 unit	8.4	6.6	8.8	8.9	7.9	8.8	6.5	9.4	5.2	8.0
2 units	4.4	3.7	6.5	5.9	7.3	7.1	7.8	8.4	5.7	8.2
3 units	2.5	1.3	3.4	2.6	3.9	4.0	4.5	5.1	3.1	4.9
4 units	3.2	1.3	3.8	2.8	4.0	3.5	5.5	5.3	5.4	5.0
5 units	1.6	0.5	1.8	1.7	2.7	3.0	3.3	3.7	3.6	4.4
6 units	1.6	0.6	2.0	1.6	3.0	2.1	3.7	4.0	4.1	4.4
7 - 10 units	2.3	1.5	3.9	3.3	6.7	5.5	10.2	8.6	12.3	10.3
11- 14 units	1.2	0.8	2.0	1.5	3.8	2.3	6.2	4.8	8.7	6.0
15- 20 units	1.0	0.2	1.9	1.1	2.2	2.3	4.8	3.0	8.1	5.0
21+ units	1.1	0.4	1.3	0.9	3.0	1.3	4.5	1.9	10.6	4.2
Valid responses	1019	1043	4261	4176	3036	3095	4845	4491	974	1126

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The average number of units of alcohol consumed by the 'drinkers' has been calculated below, and are presented together with the 1988 figures (total sample 33,459) published in *We Teach Them How To Drink!* (SHEU, 1989).

Average no. of units	*Year 7*		*Year 8*		*Year 9*		*Year 10*		*Year 11*	
	Boys	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
1988	4	3	4	3	6	4	8	5	11	7
1993	5	4	5	5	7	6	9	6	11	8

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Question 56: During the last 7 days, on how many days did you drink alcohol?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	79.7	88.2	71.3	73.7	60.3	63.4	45.6	48.2	35.9	41.2
One day	14.4	10.8	17.8	17.1	22.6	22.3	27.1	28.3	28.1	28.2
Two days	3.5	1.6	5.5	5.1	9.9	8.7	14.3	14.6	19.6	16.9
Three days	1.3	1.1	2.6	2.1	3.4	3.3	6.9	5.1	8.8	7.1
Four days	0.6	0.3	1.4	1.1	1.8	1.1	2.7	2.1	3.8	3.5
Five days	0.2	0.1	0.6	0.4	0.8	0.3	1.3	1.0	1.7	1.4
Six days	0.2	0.0	0.3	0.2	0.5	0.4	0.7	0.3	0.5	0.7
Seven days	0.1	0.0	0.5	0.4	0.8	0.5	1.4	0.4	1.6	1.1
Valid responses	951	1012	3950	4019	2884	3027	4713	4426	933	1101

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average number of days on which alcohol was consumed by drinkers:

	Year 7	Year 8	Year 9	Year 10	Year 11
Boys	1.4	1.6	1.7	1.9	2.0
Girls	1.3	1.6	1.6	1.7	1.9

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Question 57: Have you bought alcoholic drink at any of these places during the last 7 days?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Supermarket	2.2	0.7	2.3	2.0	4.0	2.8	5.0	3.5	6.7	4.5
Off-licence	2.6	1.0	4.7	4.5	9.0	9.2	15.9	14.2	24.7	15.8
Pub	1.0	0.7	1.5	1.4	3.2	2.8	8.5	8.7	19.7	20.5
Disco or club	2.5	1.3	3.2	3.2	4.2	4.9	6.7	7.6	9.9	15.3
None of these	93.9	96.8	91.3	91.3	84.0	84.9	75.5	75.9	60.8	65.9

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

This question asks specifically *Where did you buy it?* because of the popular concern at under-age purchases of alcohol. All these outlets are illegal for youngsters under 18. It seems from this table that 15–16 year olds are well able to buy alcohol from off-licences, pubs and clubs, while the 'policing' of supermarket displays may have contributed to their lower use. For each group, slightly fewer indicate spending their own money on alcohol (p. 81) than mention buying alcohol in the above table. From other answers it is clear that many others will have consumed alcohol in the past week without buying it!

The percentages are of the total sample and are *not* taken from 'drinkers only'.

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Question 58: Have you drunk alcoholic drink at any of these places during the last 7 days?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Home	11.9	6.9	17.5	15.2	19.9	19.0	32.1	28.4	35.2	33.5
Friend's or relation's home	5.8	3.3	8.3	10.0	13.1	14.1	22.2	20.3	30.3	22.1
Disco, club or party	3.6	2.9	6.6	7.2	10.6	11.3	16.6	17.0	20.6	22.3
Pub or bar	1.7	0.9	2.2	1.9	4.5	3.4	11.4	10.0	22.4	22.8
None of these	83.9	89.4	75.6	76.1	67.6	67.7	51.0	51.7	41.3	45.5

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

In keeping with previous data across the years, the most frequently-reported place of drinking alcohol for all age groups is the *home*.

As well as the above table, evidence from other tables also indicates that some young people are also drinking elsewhere.

The percentages are of the total sample and are *not* taken from the 'drinkers only'; thus of the approximately 60% of Year 11 girls consuming 1 or more units last week (see p. 63), over half of them will have reported the *home* as a source.

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Question 59: If you ever drink alcohol at home, do your parents know?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Don't drink at home	49.6	55.1	42.0	41.0	35.4	33.0	24.7	20.3	20.9	18.8
Parents always know	36.8	33.9	36.8	36.6	34.1	33.2	36.4	36.8	37.5	41.8
Parents usually know	6.2	3.4	8.1	8.4	11.8	12.1	18.9	20.7	22.4	20.4
Parents sometimes know	3.1	3.6	6.1	6.0	8.0	9.7	12.1	14.2	13.0	12.2
Parents never know	4.4	3.9	7.0	7.9	10.7	12.0	7.9	8.0	6.1	6.8
Valid responses	1007	1016	4169	4121	3023	3074	4843	4478	960	1115

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

It is immediately obvious, when looking at the top line, that those who *never drink at home* are in the minority in almost all the age groups; these percentages include those who never drink at all. Some of those who never drink at home, may of course drink elsewhere. The parents of about 20% of the 12–13 year olds and 40% of 15–16 year olds do not always know when their children drink at home.

Many responsible parents often suggest that drinking at home is totally appropriate as a part of the process of bringing children up so that they understand alcohol and use it sensibly. The question has originated in response to parents who have looked at the data in the past and wanted to know to what extent young people were using alcohol at home without parental knowledge. A typical reaction to the overall levels of reported alcohol consumption, as on pp. 63 and 64, often prompts a reaction that the frequency seems high, followed by a desire to find out where the young people are getting their drinks from.

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Question 60: What do you know about these drugs?

Percentage responding ALWAYS UNSAFE

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Amphetamines	18.9	11.6	22.7	20.0	28.0	29.2	32.6	34.1	29.9	33.6
Barbiturates	10.1	5.6	12.8	10.5	17.7	14.9	22.7	20.5	25.1	22.9
Cannabis leaf	28.0	19.1	35.4	31.9	39.4	39.4	38.3	42.9	30.6	36.5
Cannabis resin/oil	26.3	17.4	32.1	27.5	37.4	36.9	39.4	42.5	32.8	37.8
Ecstasy	42.1	35.6	48.1	49.0	55.8	59.7	61.1	68.9	58.7	69.5
Cocaine	45.5	35.4	49.9	46.8	56.5	55.0	62.5	65.8	62.9	66.9
Natural hallucinogens	20.3	12.1	25.8	24.5	34.5	33.6	39.7	42.8	39.1	46.1
Synthetic hallucinogens	22.3	12.8	30.5	26.9	39.9	39.0	49.0	51.7	49.1	55.9
Heroin	43.6	35.6	49.8	49.1	57.3	57.5	67.2	68.9	67.0	71.1
Crack	34.2	21.4	40.4	34.9	52.5	47.0	59.6	57.3	63.1	65.2
Solvents used as drugs	40.5	35.4	49.8	49.2	59.1	60.2	67.7	71.2	69.4	72.3
Tranquillisers	18.0	13.1	19.7	18.3	25.3	22.3	26.0	21.9	27.9	23.1
Other illegal drugs	1.3	0.3	0.8	1.0	1.1	0.8	1.3	1.1	1.1	1.4

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

We would recommend that the reader consults the question in some detail (see Appendix), because of the four possible answers that the youngsters can give: low scores typically imply 'no knowledge' rather than a view of the drug concerned being safe. The highest ratings would appear to be amongst *cocaine, ecstacy, heroin* and, perhaps surprisingly, *solvents*, although this might reflect high-profile education in schools. A more 'relaxed' attitude to *barbiturates and tranquillisers* may be present. It is perhaps reassuring to discover that the 'always unsafe' rating rises very consistently for the older pupils, and that many of the younger respondents report never having heard of the drugs.

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Question 61: [Has anyone ever offered or encouraged you to try any of these drugs?]

Percentage responding YES

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Amphetamines	1.2	0.8	2.6	2.4	6.8	6.1	11.6	11.7	19.1	19.0
Barbiturates	0.5	0.0	0.5	0.3	1.8	1.1	1.8	1.7	3.5	2.3
Cannabis leaf	2.4	1.2	4.8	3.8	14.5	10.1	24.5	21.8	36.4	32.4
Cannabis resin/oil	2.7	1.4	3.9	2.9	12.8	9.3	16.7	12.6	25.6	18.5
Ecstasy	1.6	1.2	3.5	3.6	6.5	6.6	10.4	11.3	15.8	13.7
Cocaine	0.9	0.5	1.5	1.5	1.6	1.5	3.5	3.7	2.6	2.9
Natural hallucinogens	1.7	0.7	3.0	2.4	7.7	5.7	11.5	10.2	15.9	13.8
Synthetic hallucinogens	1.3	0.7	3.2	2.1	8.1	7.2	13.8	11.7	18.7	16.1
Heroin	0.3	0.3	0.9	0.9	1.0	0.9	1.7	1.7	1.7	1.7
Crack	0.8	0.5	1.1	0.9	1.8	1.3	2.1	1.9	3.0	2.1
Solvents used as drugs	0.8	0.4	3.1	3.2	5.1	5.9	8.4	9.4	9.2	11.6
Tranquillisers	0.2	0.1	0.6	0.5	1.8	1.3	1.9	2.0	3.1	2.7
Other illegal drugs	0.3	0.2	0.3	0.6	1.0	0.6	0.9	0.8	0.9	0.7
None of the above	92.0	95.4	87.4	88.8	75.1	77.9	63.7	64.5	52.3	56.7

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The commonest recorded drug on offer here is *cannabis leaf*, where the figures reach over 30% in year 11. Is the high placing of *ecstasy* of particular concern? Clearly the offer of a drug is an event which many young people will have to deal with in their school years. It will be noticed that boys tend to have more 'exposure' to drugs in the younger age groups, but that in year 10 most of the girls' figures are slightly higher, perhaps because they are associating with older boys.

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Question 62: [Have you ever taken any of these drugs?]

Percentage responding YES

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Amphetamines	0.6	0.4	1.4	0.8	4.0	2.8	6.6	5.4	10.7	9.6
Barbiturates	0.2	0.0	0.3	0.1	1.3	0.8	1.3	0.9	2.2	1.2
Cannabis leaf	1.1	0.2	2.7	1.5	10.4	6.6	17.5	14.7	28.1	21.7
Cannabis resin/oil	1.5	0.3	2.4	1.3	9.3	6.6	13.0	9.0	20.9	13.1
Ecstasy	0.2	0.5	1.2	0.9	2.1	1.6	3.2	2.0	5.7	3.0
Cocaine	0.1	0.0	0.6	0.4	0.7	0.6	1.4	0.9	1.0	1.3
Natural hallucinogens	1.0	0.1	2.0	1.1	4.8	2.9	7.2	3.6	10.1	6.3
Synthetic hallucinogens	0.6	0.2	1.8	0.8	4.9	3.3	8.0	5.9	12.9	8.6
Heroin	0.2	0.2	0.4	0.1	0.4	0.3	1.0	0.5	1.1	0.5
Crack	0.4	0.2	0.3	0.1	0.8	0.4	0.8	0.6	1.0	0.7
Solvents used as drugs	0.6	0.3	1.8	1.7	4.1	3.2	5.1	5.0	5.4	6.9
Tranquillisers	0.2	0.2	0.5	0.4	1.3	1.0	1.5	1.3	1.7	1.5
Other illegal drugs	0.3	0.2	0.2	0.3	0.6	0.4	0.6	0.6	0.6	0.4
None of the above	96.2	98.2	93.4	94.8	83.8	86.3	75.7	77.7	65.3	72.0

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Note that single acts of experimentation as well as regular use are recorded here, so that the numbers of regular drug users may be considerably lower than these figures might suggest. Comparison with the table on p. 69 suggests that many young people can and do reject encouragement to use drugs.

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Question 63: [Do you know anyone who you think takes any of these drugs?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
No	69.8	69.6	56.8	52.2	36.9	34.3	24.7	19.5	16.5	15.9
Not sure	9.7	12.4	13.1	16.3	13.5	16.9	11.4	13.7	11.8	11.1
Fairly sure	7.5	7.2	10.7	12.2	15.5	15.2	16.0	16.8	13.6	15.8
Certain	13.0	10.7	19.4	19.3	34.1	33.7	47.9	50.0	58.1	57.2

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1006, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The question is a very interesting one, but we need to recognise that a large number of people could know the same one person, and hence the percentages may not reflect the actual number of current known drug users. The question is nonetheless important, because when results are returned to the school they provide an indication of how close the young people may be to sources of drugs. In the following table we consider further responses from those boys and girls above who are *fairly sure* or *certain* that they know a drug user. In years 10 and 11 over 60% of girls and boys come into this category.

Again it should be emphasised that this table does not reflect actual drug use.

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Question 63: [If you know anyone who you think takes drugs, what do they use?]

Percentage responses for FAIRLY CERTAIN or CERTAIN categories only from previous question

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Amphetamines	14.4	14.3	18.1	20.0	27.4	29.4	31.0	35.7	39.0	43.2
Barbiturates	2.5	3.3	4.3	4.1	8.3	6.2	6.1	6.5	8.4	8.1
Cannabis leaf	26.7	27.5	29.0	30.4	46.5	43.6	56.4	55.1	65.2	64.2
Cannabis resin/oil	29.2	23.6	24.8	22.0	40.0	33.0	36.6	28.9	45.7	34.1
Ecstasy	20.8	25.3	27.3	31.3	31.1	38.1	36.1	42.5	43.2	48.4
Cocaine	11.9	15.4	9.9	12.5	9.3	11.1	12.1	15.5	8.4	13.9
Natural hallucinogens	17.8	11.5	17.7	19.6	26.6	23.7	29.2	30.8	32.5	33.5
Synthetic hallucinogens	11.4	10.4	18.0	16.6	27.0	26.9	32.4	31.2	37.0	33.7
Heroin	8.9	11.5	5.7	9.0	7.6	8.8	6.5	9.6	8.4	9.2
Crack	8.4	8.8	8.2	8.6	8.7	9.8	8.0	9.5	7.4	10.5
Solvents used as drugs	10.9	8.8	15.7	20.9	18.7	22.6	20.9	24.0	19.4	24.9
Tranquillisers	2.5	2.2	3.7	4.6	6.6	6.7	6.0	7.3	8.4	8.5
Other illegal drugs	2.5	0.0	2.2	2.8	2.4	1.5	2.0	1.9	0.9	1.2

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The falling figures for those who *do not know* which drug is taken reveal the increased awareness and experience of the older respondents. Over half of the year 10 pupils know at least one drug user well enough to report what drug is involved, and the range is a wide one. The relative frequency of drugs in this table converges well with the figures on p. 70.

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Group 6: MONEY

The amount of money that young people have to spend is an important factor in determining their access to a host of behaviours. This section examines working for money, levels of income, and the sorts of things that they spend their money on.

Question

[Do you have a regular paid job outside school during term time?] 75
[What type of regular paid job do you do?] 76
How many hours did you work for money last week? 77
How much money did you receive last week from your regular paid work? 78
How much money did you receive last week from your weekly pocket money or allowance? . 79
[Total income received — money from wages, pocket money or allowance] 80
During the last 7 days, have you spent any of your own money on the following items? 81–82
Have you put any of your own money into a savings scheme in the last 7 days? 83
How much of your own money have you spent during the last 7 days? 84

Question 10: [Do you have a regular paid job outside school during term time?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
No	78.5	84.3	75.7	78.6	63.2	68.8	58.5	60.2	53.1	46.0
Yes	21.5	15.7	24.3	21.4	36.8	31.2	41.5	39.8	46.9	54.0
Valid responses	1036	1035	4402	4222	3137	3177	5023	4583	1000	1159

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The increase in the percentage numbers of working boys and girls with increasing age is obvious and comes as no surprise. In years 7 to 10 more boys than girls are involved. In the year 11 sample noticeably more girls are receiving money from this source; 83% of this year 11 sample are from Yorkshire (see page x).

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Question 11: [What type of regular paid job do you do?]

Percentage responses for those with a job

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Babysitting	6.9	22.2	7.0	33.4	6.4	34.8	6.1	38.0	9.1	32.0
Hairdressing	0.5	0.0	0.0	0.8	0.2	0.3	0.2	2.8	0.2	1.9
Working in a shop	7.4	7.0	7.7	6.8	4.9	12.0	10.3	14.4	15.4	20.8
Manual work	7.4	0.0	6.2	1.5	5.5	0.7	7.5	1.2	9.3	0.6
Paper/milk round	28.2	22.2	46.7	21.2	55.7	17.1	53.6	13.9	38.3	5.6
Hotel, bar or café	1.4	5.7	2.4	2.9	3.5	10.4	4.8	12.4	9.7	24.8
Farm work or gardening	11.6	3.8	8.1	3.4	8.0	3.0	6.4	2.7	5.8	1.8
Paid housework	25.9	32.9	12.8	22.0	9.0	13.5	3.8	6.7	2.6	3.7
Other work	10.6	6.3	9.1	8.1	6.9	8.3	7.3	8.0	9.5	8.7
Valid responses	216	158	1043	892	1132	979	2054	1803	462	621

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Here we have some obvious and expected differences between the boys and the girls. *Babysitting* is more likely to be a girl's job than a boy's: at nearly 40% in year 10 it is the girls' largest category, and also unlawful for those under 14! 40–50% of the working boys are involved in *paper/milk rounds*. *Shops, cafes*, etc. employ increasing numbers of older respondents, although more girls than boys are involved in this particular employment. The descending number receiving payment for *housework* may reflect parents' increased willingness to let older offspring work for others.

Locally there may be problems with particular employment, thus causing tiredness or endangered pupils.

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Question 12: How many hours did you work for money last week?

Percentage responses for those with a job

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	3.2	3.2	3.7	4.5	4.5	2.3	3.2	3.8	2.0	4.0
1 hour	21.2	15.8	11.4	13.0	9.3	7.8	5.8	3.8	4.8	1.8
2 hours	18.9	20.3	19.3	18.0	16.4	16.5	11.7	7.8	7.8	4.2
3 hours	16.6	19.6	14.8	15.2	14.6	14.0	12.8	12.6	7.2	8.3
4 hours	7.8	7.0	9.9	12.7	10.8	13.7	13.1	14.4	9.4	10.3
5 hours	6.9	12.7	7.8	10.3	7.4	11.4	8.8	12.9	9.4	11.4
6 - 7 hours	10.6	7.6	15.3	12.3	15.7	13.1	19.1	17.7	13.9	19.2
8 - 10 hours	9.2	8.2	8.5	8.2	11.3	11.3	12.9	15.9	22.0	23.6
11 - 20 hours	3.7	5.1	7.6	4.9	8.4	8.1	10.1	9.3	19.4	15.5
21 hours or more	1.8	0.6	1.7	0.8	1.7	1.6	2.4	1.7	4.1	1.8
Valid responses	217	158	1053	892	1137	982	2054	1801	459	624

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average number of hours worked by workers:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	4.1	5.0	5.3	6.1	8.1
Girls	4.1	4.4	5.4	6.1	7.3

It is hard to believe that the highest values seen in the table do not conflict with school work.

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Question 13a: How much money did you receive last week from your regular paid work?

Percentage responses for those with a job

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Nothing	3.3	2.5	3.4	4.1	4.8	2.2	2.9	3.7	2.7	4.2
Up to 50p	0.5	3.1	0.1	0.5	0.1	0.1	0.0	0.0	0.0	0.2
51p – £1.00	5.1	2.5	1.7	2.5	0.4	0.7	0.1	0.1	0.2	0.2
£1.01 – £1.50	4.7	3.8	2.0	2.8	0.4	1.1	0.1	0.2	0.4	0.0
£1.51 – £2.00	6.5	8.2	4.8	5.3	2.3	3.1	1.6	1.2	0.4	0.5
£2.01 – £3.00	12.6	11.3	7.6	11.7	4.6	6.7	2.4	4.2	1.5	1.3
£3.01 – £4.00	8.8	11.9	6.5	7.4	6.7	6.0	2.9	3.0	1.5	2.3
£4.01 – £5.00	15.8	24.5	17.5	22.8	14.3	21.6	9.5	16.1	6.2	11.7
£5.01 – £10.00	27.0	24.5	34.5	28.6	37.5	32.2	39.8	36.1	23.9	25.0
Over £10.00	15.8	7.5	21.9	14.2	28.8	26.2	40.8	35.4	63.1	54.8
Valid responses	215	159	1042	880	1141	983	2055	1804	452	617

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1006, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average amounts received by workers only:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	£6.79	£7.93	£9.77	£12.03	£17.37
Girls	£5.41	£6.75	£9.73	£10.70	£14.18

Clearly the money available from work is a substantial resource.

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Question 13b: How much money did you receive last week from your weekly pocket money or allowance?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Nothing	12.3	13.6	11.3	11.0	13.8	10.0	15.9	14.2	19.4	21.1
Up to 50p	1.5	1.7	0.6	0.6	0.3	0.3	0.2	0.1	0.3	0.0
51p – £1.00	7.2	8.3	5.5	5.2	3.1	2.1	1.7	1.7	1.1	1.1
£1.01 – £1.50	7.4	5.8	5.1	5.1	3.0	2.8	1.7	1.3	0.7	1.2
£1.51 – £2.00	14.1	14.8	11.8	11.4	8.2	7.7	6.9	6.3	5.6	3.5
£2.01 – £3.00	18.3	15.9	18.1	17.7	14.0	15.4	10.7	11.1	6.2	7.1
£3.01 – £4.00	7.0	7.3	7.9	8.7	7.5	8.6	6.4	6.4	5.3	4.5
£4.01 – £5.00	16.5	17.8	21.5	22.7	24.8	26.4	25.1	27.9	25.9	25.7
£5.01 – £10.00	11.4	12.0	14.0	14.3	18.3	20.5	22.7	23.2	23.2	26.3
Over £10.00	4.3	2.8	4.3	3.4	7.0	6.2	8.6	7.8	12.3	9.5
Valid responses	1008	1019	4242	4138	3025	3081	4879	4476	967	1137

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average amounts received, including those who had no pocket money, in the past week:

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	£3.80	£4.08	£4.89	£5.35	£5.95
Girls	£3.40	£4.01	£5.08	£5.37	£5.66

We believe other pupils' levels of pocket money are often invoked by young people when lobbying parents for increases; this data may be interesting to both parties.

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Question 13: [Total income received — money from wages, pocket money or allowance]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Nothing	10.8	13.3	10.1	9.6	9.1	7.1	7.5	6.6	6.8	6.5
Up to £1.00	6.6	8.6	4.9	4.8	1.9	1.4	1.1	1.1	0.9	0.6
£1.01 – £5.00	55.7	54.8	51.8	55.6	39.4	43.8	30.2	34.2	23.8	22.0
£5.01 – £10.00	16.7	16.6	19.1	19.8	25.3	26.6	27.5	27.2	23.2	25.1
£10.01 – £15.00	4.9	4.7	7.7	5.5	12.1	10.1	16.6	14.8	16.2	15.6
£15.01 – £20.00	2.1	1.3	3.5	2.4	5.7	5.2	8.1	8.1	10.7	11.8
£20.01 – £25.00	1.4	0.3	1.5	1.2	2.3	2.3	3.1	3.7	6.4	6.4
£25.01 – £30.00	1.1	0.1	0.7	0.5	1.5	1.0	2.5	1.9	3.7	4.9
£30.01 – £35.00	0.4	0.1	0.3	0.2	0.9	1.0	1.1	1.1	2.3	2.7
Over £35.00	0.3	0.2	0.6	0.4	1.7	1.4	2.3	1.4	6.0	4.3
Valid responses	1051	1060	4434	4265	3153	3182	5052	4603	1000	1164

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average total income received (total sample):

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	£5.11	£5.84	£8.30	£10.13	£13.64
Girls	£4.14	£5.33	£7.96	£9.47	£13.05

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Question 14a: During the last 7 days, have you spent any of your own money on the following items?

Percentage responding YES

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Sweets, chocolate, etc.	66.3	66.6	68.5	70.5	70.3	73.2	68.7	69.4	68.4	67.5
Comics, magazines	26.5	31.7	30.3	39.6	29.7	43.8	30.4	40.9	26.2	38.2
Alcoholic drinks	5.8	3.6	7.5	6.0	13.3	12.8	23.0	19.5	36.0	27.7
Cigarettes	1.3	2.1	4.2	5.4	9.9	12.5	15.2	19.1	23.6	23.9
Sports equipment	19.8	5.9	19.9	5.8	21.7	5.9	17.6	4.6	17.1	4.6
Discos or parties	12.4	14.5	11.2	18.4	12.0	18.6	14.6	20.4	19.8	21.2
Clothes or footwear	18.3	20.7	20.3	25.7	23.4	30.3	22.3	29.5	27.1	36.4
Cosmetics/toiletries	3.2	14.4	3.6	24.9	6.6	34.4	7.4	38.0	7.6	42.6
Records, CDs, tapes	20.9	17.6	21.8	20.5	25.4	22.5	27.8	22.3	32.9	23.8
School equipment	17.5	22.1	19.8	22.9	17.1	17.7	16.2	15.8	16.1	17.3
Cinema	11.3	8.0	13.2	12.1	10.0	9.8	12.1	14.6	10.2	11.8
Books	10.4	15.6	9.8	12.2	6.9	9.4	7.2	7.0	5.2	7.4
Fares	18.0	20.4	22.2	25.2	28.1	34.3	31.1	39.1	37.1	50.0

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

This table is continued overleaf, and the comments refer to both. Substantial percentages of young people report spending money on many of the items that are listed, some increasing with age (notably *alcoholic drinks*, *cigarettes* and *cosmetics*) and some decreasing (notably *books*, *computers/software*, and *pets*). There are some marked gender differences: for example, boys are more likely to spend money on *sports equipment* and *arcade activities*, girls are more likely to spend money on *presents*.

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Question 14a: During the last 7 days, have you spent any of your own money on the following items?

Percentage responding YES

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Crisps, snacks	62.5	61.9	61.4	61.8	66.2	64.9	60.9	57.2	62.2	58.8
Fast food (hot)	34.6	23.4	35.5	26.0	38.2	28.8	37.8	27.0	43.4	29.7
Soft drinks	64.4	59.3	66.5	61.7	71.6	65.1	69.9	61.1	69.7	59.8
Arcade games (for fun)	22.9	4.6	30.4	6.8	27.8	6.2	24.8	4.8	22.7	4.1
Arcade gambling	7.2	1.8	10.5	2.5	12.6	2.5	10.4	2.5	10.3	2.1
Computers/software	22.9	5.3	27.9	5.7	23.5	3.9	20.4	2.8	15.5	2.1
Presents	23.4	36.1	17.3	35.4	24.4	44.7	16.1	33.7	34.2	55.4
Jewellery	4.1	14.6	2.9	17.7	3.2	17.0	2.7	13.6	4.9	12.1
Leisure/sports centre	24.3	15.2	26.9	17.1	24.9	15.1	24.4	14.8	23.3	14.0
Pets	18.0	23.3	19.2	23.7	17.0	22.5	11.8	16.7	11.6	15.8
Video hire	17.1	8.9	19.9	11.4	20.0	12.0	17.6	10.5	16.2	9.6
None of the above	9.2	7.0	6.3	4.7	4.3	3.4	4.9	2.9	3.9	2.2

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The 'Top 5' of these items (including those on page 81) are as follows:

Boys	1. Sweets	2. Soft drinks	3. Crisps	4. Fast food	5. Comics/magazines
Girls	1. Sweets	2. Crisps	3. Soft drinks	4. Presents	5. Comics/magazines

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Question 14b: Have you put any of your own money into a savings scheme in the last 7 days?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
No	70.0	69.9	68.9	73.4	68.4	72.9	69.8	75.3	71.5	72.7
Yes	30.0	30.1	31.1	26.6	31.6	27.1	30.2	24.7	28.5	27.3

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Total income (page 80) compared with total expenditure (page 84).

	Year 7		Year 8		Year 9		Year 10		Year 11	
	Boys	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Average total income	£5.11	£4.14	£5.84	£5.33	£8.30	£7.96	£10.13	£9.47	£13.64	£13.05
Average amount spent	£5.25	£4.32	£7.29	£5.55	£8.88	£7.98	£11.42	£8.61	£14.15	£13.19

Comparison between the averages of total income received and the averages of the total expenditure reveal (*a*) a fairly close match with income and expenditure, but (*b*) a slight overspend i.e income being less than expenditure. If it is acceptable to assume a 50th of the sample (i.e . approximately 600) had a birthday in the 'past week', then income from monetary presents and its subsequent use might contribute towards the difference.

The proportion saving their money in the last 7 days is fairly steady, and shows a long-term perspective which young people are often said to lack. The total percentage of 'savers' is almost certainly more than those who happened to have invested last week.

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Question 15: How much of your own money have you spent during the last 7 days?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Nothing	14.4	10.7	11.0	7.1	8.3	5.4	7.2	4.4	6.6	5.0
Up to 50p	3.9	6.9	2.9	3.5	1.4	1.7	1.2	1.3	0.5	0.9
51p – £1.00	9.3	11.1	7.0	8.0	4.4	5.1	3.1	3.1	1.5	2.1
£1.51 – £1.50	5.2	7.1	4.5	5.7	2.5	3.0	1.9	2.1	1.2	1.0
£1.51 – £2.00	10.8	11.6	8.1	10.5	7.7	7.5	4.7	6.7	3.7	4.1
£2.01 – £3.00	12.3	13.1	11.6	14.3	10.0	12.1	7.7	9.0	4.6	7.4
£3.01 – £4.00	8.1	8.0	8.6	8.0	7.3	8.8	6.3	7.4	4.8	4.0
£4.01 – £5.00	10.5	11.6	13.1	14.0	13.4	14.7	13.1	17.1	12.5	12.4
£5.01 – £10.00	13.9	12.3	17.3	18.2	23.2	23.3	25.2	27.5	26.2	28.7
Over £10.00	11.6	7.5	15.9	10.6	21.9	18.4	29.6	21.6	38.3	34.4
Valid responses	1011	1036	4295	4146	3066	3109	4947	4515	974	1135

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4260 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Average amounts spent (including those who spent nothing):

	Year 7	*Year 8*	*Year 9*	*Year 10*	*Year 11*
Boys	£5.25	£7.29	£8.88	£11.42	£14.15
Girls	£4.32	£5.55	£7.98	£8.61	£13.19

The purchasing power of young people is clearly substantial.

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Group 7: SPORT

There is widespread concern at what appear to be generally low levels of physical activity in the daily life of young people. The pupils indicate how fit, or active, they believe themselves to be, and which sporting activities (if any) were participated in out of school time.

Question

[Sports and activities participated in during the past 12 months out of school lessons] . 87–90
How fit do you think you are? 91

Question 16: [Sports and activities participated in during the past 12 months out of school lessons]

Categories WEEKLY and TWICE A WEEK OR MORE (when in season)

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Rugby	20.8	2.3	17.2	1.6	17.1	1.0	14.7	0.8	13.6	0.6
Soccer	57.9	13.3	58.9	8.3	59.3	7.2	52.6	4.8	51.0	4.9
Hockey	9.9	19.8	9.1	19.3	9.2	19.7	9.5	14.1	6.1	13.4
Netball	2.3	20.4	1.4	22.9	0.9	19.0	0.6	18.0	0.8	12.8
Tennis	13.7	16.0	14.0	13.2	13.1	13.6	17.8	15.2	15.7	15.5
Rowing	2.6	1.8	2.5	1.2	2.1	0.8	1.7	1.0	1.7	0.6
Riding a bicycle	57.5	47.3	55.3	39.8	59.8	33.9	53.3	23.4	51.9	21.6
Club cycling	2.8	1.2	2.9	1.0	2.6	0.9	2.0	0.5	3.0	0.4
Jogging	25.4	19.1	24.4	19.3	22.4	15.2	21.8	14.5	17.7	13.3
Track/field events	12.3	8.3	14.5	13.0	14.8	12.9	12.4	10.2	9.5	8.1
Sailing	2.7	1.5	2.4	1.0	2.3	1.2	2.8	1.7	2.1	1.4
Squash	4.3	3.2	4.4	2.4	4.4	2.3	5.6	3.1	6.0	3.2
Basketball	21.5	11.9	26.1	8.8	24.6	9.6	23.3	10.8	18.4	7.6

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The general levels of reduction in involvement with increasing age are noticeable. Exceptions include *tennis* (both sexes), *club cycling* (boys), *sailing* (both sexes) and *squash* (both sexes). In most cases, in this selection of activities, the levels of involvement of boys is in excess of that of girls.

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Question 16: [Sports and activities participated in during the past 12 months out of school lessons]

Categories WEEKLY and TWICE A WEEK OR MORE (when in season)

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Badminton	12.1	12.7	16.0	14.6	16.3	16.1	18.2	16.5	15.7	15.3
Roller/ice skating	10.4	18.5	9.8	16.0	8.7	14.6	5.8	9.5	4.8	8.6
Judo,karate, etc.	12.7	5.0	10.3	4.6	9.8	3.5	8.1	3.4	8.3	4.1
Gymnastics	7.5	13.4	5.2	12.2	3.5	8.9	1.4	4.6	1.0	3.5
Fitness/aerobics	6.4	15.6	4.9	16.1	5.9	19.8	7.5	26.4	5.8	29.8
Swimming	43.0	46.3	36.4	39.4	31.5	31.5	23.4	23.7	19.8	22.3
Dancing	4.9	21.4	3.0	23.1	3.1	22.1	3.0	20.5	3.9	20.3
American football	4.2	0.8	4.5	0.4	2.6	0.4	2.8	0.3	2.2	0.3
Cricket	15.2	3.8	14.7	2.2	13.6	1.6	17.1	2.3	15.8	2.5
Rounders	9.5	17.2	8.0	16.2	6.4	15.0	3.2	13.2	3.8	12.2
Golf	20.4	4.2	17.7	2.1	21.4	1.7	14.4	1.4	12.8	0.8
Cross-country	13.0	10.6	12.3	11.4	11.1	7.8	8.3	6.8	6.3	3.2
Canoeing	2.8	2.0	3.2	1.7	3.9	1.6	3.4	2.1	2.8	2.1

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

There are more activities in this selection where more girls than boys are involved, particularly *roller/ice skating, fitness/aerobics, dancing, rounders. Badminton* (both sexes), *dancing* (both sexes), *cricket* (boys), and *canoeing* (both sexes) seem to hold their popularity with older teenagers.

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Question 16: [Sports and activities participated in during the past 12 months out of school lessons]

Categories WEEKLY and TWICE A WEEK OR MORE (when in season)

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Horse riding	4.2	14.4	2.3	12.1	2.0	12.9	1.8	11.9	1.7	10.2
Scrambling	4.4	0.9	5.5	0.9	5.5	0.6	5.4	1.0	5.9	0.9
Hiking/orienteering	5.3	2.3	5.2	2.9	5.2	3.1	3.6	2.2	4.3	3.6
Fishing	15.8	4.0	16.6	2.2	17.3	1.7	12.8	1.3	12.6	0.9
Table tennis	16.7	8.0	11.9	4.9	12.6	4.7	13.5	5.3	14.0	6.0
Volleyball	7.1	5.0	3.7	4.0	4.8	5.3	4.5	4.1	5.7	6.8
5-a-side football	30.8	8.1	29.9	5.1	30.0	5.1	26.3	3.1	29.8	2.8
Weight training	12.3	3.6	12.2	2.8	19.1	3.4	22.9	5.9	26.6	6.3
Skateboarding	13.1	4.7	10.1	2.8	8.3	2.1	5.3	0.8	4.7	0.9
None of these*	7.6	12.4	7.3	14.6	6.2	16.8	6.1	18.5	6.5	19.9

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1185

Commentary

Boys predominate in their involvement in this selection. The last category in the list is *None of these* and applies to the lists from pages 87 and 88 as well as this page. Substantial numbers of girls, almost 1 in 5 in Years 10 and 11 were not involved in any of the activities (when in season) during the past year.

Scrambling (boys), and *5-a-side football* (boys) retain their popularity with increasing age, while *weight training* is increasingly popular with both sexes.

* This includes all the activities listed on pp. 87–89.

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Question 16: [Sports and activities participated in during the past 12 months out of school lessons]

Categories WEEKLY and TWICE A WEEK OR MORE (when in season)

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Darts	13.6	4.1	13.7	3.3	12.9	3.3	12.0	4.2	9.9	3.7
Pool	24.9	9.3	26.3	8.7	29.7	10.3	26.1	11.2	32.6	14.1
Billiards	3.8	0.7	4.2	0.4	4.9	0.8	4.4	0.8	3.7	1.5
Snooker	25.1	7.6	24.1	5.6	24.5	5.5	22.5	5.5	21.9	6.0
Other sports	5.2	3.7	4.2	3.3	4.5	3.3	5.8	3.9	5.2	3.5
None of the above	61.0	83.0	60.2	84.8	57.1	83.6	58.7	81.6	56.3	80.7

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Many young people do not know the game of *Billiards*. *Snooker* and *Pool* in contrast are well known. At least 80% of girls are not involved in this selection of predominantly boys' games. *Pool* is played by more older teenagers, perhaps not surprisingly as it is a highly social, pub or youth club, activity.

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Question 17: How fit do you think you are?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Very unfit	0.6	1.7	1.4	1.2	0.9	1.4	1.1	2.1	1.1	1.4
Unfit	5.1	6.9	5.7	7.9	5.9	10.9	7.2	12.6	6.6	15.2
Moderately fit	26.8	36.4	28.4	42.4	31.1	48.3	30.2	51.2	31.3	51.1
Fit	47.5	45.6	47.5	42.1	47.2	34.5	47.6	30.0	47.1	27.5
Very fit	20.0	9.3	17.1	6.4	14.9	4.9	13.9	4.1	13.8	4.7
Valid responses	997	1030	4229	4154	3008	3109	4895	4520	961	1144

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4260 Year 9: 3168 Year 10: 4606 Year 11: 1168

Commentary

This self-assessment scale is very interesting. Perceived fitness percentages for girls are lower than for boys and, with increasing age, it appears that fewer of both sexes report being *very fit*. The percentage of *fit* girls falls with increasing age, with a very steady rise in the *moderately fit* and *unfit* categories. The perentage of *fit* boys holds steady with increasing age.

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Group 8: SOCIAL & PERSONAL

The questions included in this group refer to social relationships, visits to discos and dances, sources of information about sex, and problem-sharing. Questions to discover the pupils' awareness about AIDS are also included.

Question

Which parents do you live with? 95
[Ethnic group — which of the following most nearly describes you?] 96
Have you a steady boyfriend or girlfriend at the moment? 97
How do you usually feel when meeting people of your own age and sex for the first time? . . 98
How do you usually feel when meeting people of your own age and opposite sex for the first time? 99
Please choose the answer which describes your close friends 100
When did you last go to a disco or party? 101
Which of these is your main source of information about sex? 102
Which of these do you think should be your main source of information about sex? 103
[If you had a problem at school, to whom would you probably turn?] 104
[If you wanted to share money problems, to whom would you probably turn?] 105
[If you wanted to share health problems, to whom would you probably turn?] 106
[If you wanted to share career problems, to whom would you probably turn?] 107
[If you wanted to share problems about friends, to whom would you probably turn?] 108
[If you wanted to share family problems, to whom would you probably turn?] 109
How much do you worry about the problems listed below? 110
[Self-esteem measurement — combined results from parts a–i, scale 0 to 18] 111
"I am in charge of my health" 112

"If I keep healthy, I've just been lucky" 113
"If I take care of myself I'll stay healthy" 114
"Even if I look after myself I can still easily fall ill" 115
[Health locus of control score (-4 to +4)] 116
[Which adults do you get on best with?] 117
How many adults can you really trust? 118
Can the HIV virus be passed on by any of the following? 119–120
Have you ever talked about AIDS with these people? 121
Have any of these taught you useful facts about AIDS? 122
Do you think that you will take care not to get the HIV virus? 123
Do you know where you can get condoms gree of charge? 124
At what age can you obtain condoms free of charge? 125
Do you know where your local birth control (family planning) services are available? 126
Is there a special birth control (family planning) service for young people available locally? . 127
On leaving school, do you want to: 128
On leaving school, do you think you will be able to: 129
On leaving school, which of the following you you think may reduce the chance of you getting a job you would like? 130
Where do you live? 131
For how long have you personally lived at your present address? 132
How do you rate the following in the area where you live? 133
How do you rate your school with regard to hygiene, safety and recreation? 134

Question 4: Which parents do you live with?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother & father	76.7	74.7	76.3	74.4	73.2	72.2	75.1	71.7	68.2	71.4
Mother only	13.5	14.7	12.0	13.3	13.1	13.2	12.0	13.6	14.9	14.4
Father only	2.3	1.3	2.2	1.6	2.2	2.1	2.4	2.0	3.1	2.0
Mother & stepfather	5.2	6.6	6.8	7.8	8.0	9.9	7.4	9.4	9.2	8.3
Father & stepmother	0.7	0.8	1.0	1.2	1.5	0.9	1.3	1.2	2.1	1.5
Foster parents	0.4	0.4	0.4	0.3	0.3	0.6	0.5	0.6	0.7	0.5
Other	1.2	1.4	1.4	1.4	1.7	1.0	1.3	1.5	1.9	1.9
Valid responses	1050	1072	4452	4260	3138	3183	5044	4597	1005	1162

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Counts of single-parent families become possible from this table, as do counts of remarriages or subsequent partnerships. Nearly three-quarters of all the young people in this sample live with *mother and father.* About 15% live in single-parent families.

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Question 7: [Ethnic group — which of the following most nearly describes you?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Caribbean	1.3	1.0	0.6	0.5	0.7	0.6	0.5	0.3	1.3	0.3
African	0.7	0.7	0.7	0.6	0.7	0.8	0.8	0.7	1.4	2.1
UK or European	91.3	91.4	89.7	93.1	92.9	93.9	91.1	93.7	92.2	91.7
Asian	4.0	4.1	7.1	4.3	3.5	2.8	5.1	3.7	3.2	3.4
Chinese	0.4	0.6	0.7	0.4	0.6	0.4	0.7	0.5	0.8	1.0
Mixed or other	2.3	2.2	1.2	1.2	1.6	1.5	1.8	1.3	1.1	1.4
Valid responses	1047	1068	4437	4252	3137	3167	5042	4592	1005	1164

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

One might assume almost even numbers of boys and girls in any one group. In the large samples of 8,689 year 8 boys and girls we calculate there were 315 Asian boys compared with only 183 Asian girls (total of 498) i.e. a ratio of 3:2. Our searches of the data in mixed schools only also reveals: 62% male and 38% female.

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Question 42: Have you a steady boyfriend or girlfriend at the moment?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Never had one	21.5	25.4	17.3	16.8	12.3	14.5	11.9	12.7	8.3	12.6
Not at present	52.9	52.1	58.4	58.9	64.3	60.3	63.5	55.3	61.5	49.1
Yes — a few weeks	9.9	10.0	10.2	10.9	9.9	10.7	10.5	12.0	10.9	11.3
Yes — for 2 months or more	7.0	6.2	6.6	6.6	7.2	8.4	7.5	11.5	10.5	13.9
Yes — a year or more	8.7	6.4	7.5	6.8	6.3	6.1	6.6	8.6	8.8	13.2
Valid responses	1050	1069	4387	4238	3119	3165	5026	4587	995	1162

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4260 Year 9: 3188 Year 10: 4606 Year 11: 1166

Commentary

Validation work across the years has shown that the young people interpret this as a heterosexual relationship .

At the age of 11–12, around 80% of boys and 75% of girls have had a steady friend of the opposite sex. The percentage increases steadily across the years to around 90% for both sexes.

Around one in ten of the relationships lasted for a few weeks or less; 13% of the year 11 sample of girls report a relationship lasting for more than a year. In the older age groups more girls than boys report involvement.

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Question 43: How do you usually feel when meeting people of your own age and sex for the first time?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Very uneasy	8.6	11.1	8.2	7.4	3.9	4.8	3.5	3.1	3.3	3.2
Quite uneasy	10.3	10.4	9.4	9.6	9.0	10.3	8.5	8.6	6.3	7.6
A little uneasy	32.5	39.8	35.4	42.6	36.7	42.8	41.4	46.5	37.6	45.3
At ease	48.6	38.7	47.1	40.3	50.3	42.1	46.6	41.8	52.8	43.9
Valid responses	1037	1051	4342	4205	3097	3153	5014	4579	991	1160

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Less than half of the girls report being *at ease* when meeting girls of their own age for the first time. 20% of boys and girls are *very uneasy* or *quite uneasy* in year 7; this figure reduces across the years to around 10% for both boys and girls in year 11.

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Question 44: How do you usually feel when meeting people of your own age and opposite sex for the first time?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Very uneasy	10.8	12.5	9.5	9.3	5.8	6.3	5.2	5.0	4.2	5.9
Quite uneasy	15.3	20.5	15.1	17.3	13.4	15.3	14.9	14.6	12.1	13.0
A little uneasy	36.6	39.8	38.8	43.7	41.9	48.9	44.9	49.3	43.4	46.8
At ease	37.3	27.2	36.6	29.7	38.9	29.5	34.9	31.1	40.2	34.3
Valid responses	1044	1054	4352	4226	3108	3154	5011	4584	989	1159

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1006, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Substantial numbers are *very uneasy* or *quite uneasy*, even in the older groups. Boys are more likely to declare being at ease.

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Question 45: Please choose the answer which describes your close friends

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
More of own sex	55.6	48.7	55.0	47.8	49.2	43.8	48.2	38.2	43.0	36.6
Equal both sexes	40.3	47.1	40.3	47.9	46.8	51.7	47.3	54.1	51.9	55.5
More of opposite sex	4.1	4.2	4.7	4.3	4.0	4.5	4.4	7.7	5.1	7.9
Valid responses	1038	1059	4351	4231	3106	3162	5013	4583	993	1159

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

This is a very interesting table. Despite the extra unease felt when meeting new people of the opposite sex, the commonest classification for the older girls is *equal both sexes*. A small percentage identify *more of the opposite sex* for both boys and girls, the percentage increasing with increasing age. With increasing age fewer teenagers indicate *more of their own sex* .

We know nothing about the average numbers of close friends in these different groups.

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Question 46: When did you last go to a disco or party?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
In the last week	19.2	20.4	14.9	19.7	16.4	19.0	19.3	23.4	23.6	22.6
In the last 2 weeks	9.0	14.2	11.5	14.1	11.1	14.6	11.8	14.1	15.2	16.7
In the last month	20.0	24.5	23.2	28.7	23.8	27.6	21.8	26.9	22.0	25.0
In the last 6 months	26.5	23.9	24.3	24.0	24.9	24.3	22.8	22.7	19.5	22.3
Not in the last 6 months	19.7	13.9	18.5	11.1	19.0	12.4	19.4	10.7	15.1	10.9
Never been to one	5.7	3.1	7.6	2.4	4.9	2.0	4.9	2.1	4.6	2.5
Valid responses	1043	1063	4356	4218	3113	3155	4997	4577	997	1159

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

From this table it appears that at least half of all the boys had been to a disco or party at least once *in the past month*. For the girls, the number increases from about half in year 7 to two-thirds in year 10.

The similarity of the horizontal sets of figures suggests that the importance of parties or discos to the individual is already established by 11 or 12, although the definition of a 'party' may change as they age! Does this grow out of the birthday party circuit, which is an indicator of social contacts at a very young age?

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Question 47: Which of these is your main source of information about sex?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Parents	31.0	46.8	25.6	37.4	20.9	32.1	15.0	24.5	15.0	22.4
School lessons	17.9	11.7	22.7	16.5	20.6	13.4	21.5	14.4	22.3	15.3
Friends	21.0	17.3	23.5	24.5	28.4	28.7	33.2	35.4	33.7	34.0
Brothers, sisters,relations	5.3	5.3	5.1	6.2	5.4	5.8	4.3	5.4	3.4	4.1
Doctor/School nurse	3.6	4.1	2.0	2.1	1.2	1.4	.07	0.7	0.5	0.7
Family Planning Clinic	0.4	0.2	0.3	0.1	0.3	0.6	0.2	.08	0.3	1.6
TV, films	15.3	6.4	15.4	5.7	16.6	5.2	17.9	4.8	16.9	4.7
Stories in books, magazines	2.6	5.3	2.6	5.5	3.7	10.1	4.1	11.0	3.8	14.6
Posters, leaflets, ref. books	3.0	2.9	2.8	1.9	2.9	2.7	3.1	2.9	4.0	2.8
Valid responses	1002	989	4094	3989	2924	2980	4637	4301	911	1072

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The main trend with increasing age may be summed up as 'parents out — friends in'.

Girls are always more likely to identify *parents* as the main source than are boys; boys are more likely than girls to identify *teachers* as the main source, and their figures are similar across the years. The larger percentages of boys over girls on *TV, videos and films* is noteworthy.

'Information about sex' seems to mean 'that which is supplied by this particular source'. In other words, these different sources may be supplying different types of information, rather than different versions of the same information.

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Question 48: Which of these do you think should be your main source of information about sex?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Parents	54.6	72.4	53.0	68.0	50.8	61.6	42.2	55.1	43.1	54.6
School lessons	20.8	12.9	24.9	16.7	27.4	21.0	32.8	26.2	30.6	25.5
Friends	6.3	3.6	6.8	5.7	6.4	6.4	7.8	8.1	9.9	7.4
Brothers, sisters,relations	2.6	2.0	1.8	2.2	2.0	2.6	2.1	2.0	2.1	2.4
Doctor/School nurse	6.6	4.6	4.0	3.1	3.8	2.6	3.3	2.4	2.1	1.7
Family Planning Clinic	1.3	0.8	0.8	0.7	0.9	1.3	1.3	1.9	1.7	3.2
TV, films	4.4	1.1	5.2	1.5	4.7	1.1	6.4	1.1	5.0	1.4
Stories in books, magazines	1.6	1.5	1.4	0.8	1.6	1.6	1.3	1.3	1.7	1.4
Posters, leaflets, ref. books	1.9	1.2	2.1	1.4	2.3	1.8	2.7	1.8	3.9	2.4
Valid responses	1018	1023	4234	4118	3003	3056	4777	4427	923	1104

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The most startling feature of this table, which has resulted every time the survey has been conducted, is the very large number who say that their *parents* should be their main source of information about sex. This has often been used to support the claim that parents are failing to support their children when it comes to 'facts of life', and so they go to their friends and end up with inaccurate or misleading information. However, follow-up work and the experience of numerous interviews indicates that young people would find talking about 'sex' with their parents as embarrassing as the parents would themselves!

A method has been developed at the Unit which permits the examination of this and associated data with parents at a parents' evening, the object being firstly to make them more comfortable, and secondly to enable them to participate with the school in a co-operative programme of sex education across the five years of secondary education.

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Question 49: [If you had a problem at school, to whom would you probably turn?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	26.9	34.2	27.5	37.0	28.4	33.7	26.5	33.4	27.9	32.9
Father	6.8	3.1	7.2	2.5	7.6	3.1	7.2	3.4	5.2	4.5
Mother and father	26.8	20.8	22.4	15.1	20.5	15.4	18.6	14.0	17.2	15.1
Brother or sister	3.0	3.9	3.8	5.7	5.1	5.1	5.3	5.3	4.3	5.3
Other relation	0.7	0.7	0.9	1.2	0.8	1.1	0.9	1.2	0.9	0.8
Teacher	9.7	10.5	9.9	9.3	7.9	8.3	9.3	8.4	9.9	9.2
Friend	4.6	9.5	8.0	17.4	11.0	20.8	13.3	23.5	15.1	21.5
School nurse	0.6	0.7	0.2	0.8	0.1	0.1	0.2	0.2	0.0	0.1
No one	3.5	2.5	4.6	2.6	3.8	2.5	6.5	3.1	6.5	3.8
Have no problem	17.5	14.0	15.4	8.4	14.7	9.9	12.2	7.6	13.1	6.8
Valid responses	1060	1075	4464	4280	3155	3188	5070	4606	1008	1168

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Parents are the most obvious resource here (whether it is *mother*, *father* or *mother and father*). The next highest level of percentages comes under the category of *friends*, and increases substantially across the years.

We are always unhappy to consider the number of young people who say they would turn to *no one*. They may have other sources of support, but our suspicion is that these individuals do not have anyone to turn to over some issues. Could *teachers* have expected a higher placing in the list?

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Question 49: [If you wanted to share money problems, to whom would you probably turn?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	22.8	28.4	24.6	33.0	26.5	34.8	24.5	34.6	27.0	31.7
Father	19.3	14.1	18.5	16.1	18.5	15.2	20.4	15.6	17.3	16.1
Mother and father	26.8	24.8	25.2	22.7	23.8	21.5	23.7	21.9	22.2	22.0
Brother or sister	2.0	3.1	3.3	3.9	3.8	4.0	4.3	4.3	3.3	3.9
Other relation	0.9	0.9	0.7	1.1	1.1	1.1	1.0	1.1	0.8	1.1
Teacher	0.7	0.7	0.5	0.2	0.1	0.2	0.2	0.1	0.0	0.1
Friend	1.7	2.7	2.4	5.5	3.2	6.3	4.6	7.9	7.2	9.3
School nurse	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.2
No one	3.9	3.5	5.4	3.7	4.4	3.5	6.3	4.6	6.2	5.2
Have no problem	21.9	21.8	19.2	13.6	18.4	13.3	15.0	9.9	16.1	10.4
Valid responses	1060	1075	4464	4280	3155	3188	5070	4606	1008	1168

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Parents are an abundant and obvious resource. The *father* category receives more 'votes' in this table than in any other table as a single support. (He often shares first place in *mother and father*). Support from friends increases with age across the table.

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Question 49: [If you wanted to share health problems, to whom would you probably turn?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	28.8	44.1	30.3	52.2	31.6	52.4	34.9	53.2	34.6	48.3
Father	4.0	2.2	5.9	1.7	5.7	1.8	6.1	1.5	5.5	1.8
Mother and father	27.8	20.0	25.7	15.0	24.7	14.6	23.2	12.5	22.1	14.5
Brother or sister	0.8	1.1	1.2	1.9	1.8	1.9	2.3	2.3	1.5	2.6
Other relation	0.9	1.0	0.7	1.2	0.9	0.9	1.0	0.9	0.7	1.0
Teacher	0.3	0.3	0.5	0.4	0.3	0.4	0.3	0.4	0.3	0.5
Friend	0.8	4.1	2.2	6.1	3.4	8.9	4.0	11.7	5.5	15.1
School nurse	10.2	8.5	8.9	7.6	6.8	5.7	6.0	5.9	3.6	4.4
No one	4.2	1.7	4.9	3.0	4.9	3.0	6.0	3.8	6.0	4.4
Have no problem	22.3	17.0	19.8	10.8	19.9	10.3	16.3	7.8	20.3	7.5
Valid responses	1060	1075	4464	4280	3155	3188	5070	4606	1008	1168

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

As expected, *mother* is clearly the major resource here, alone or in the combined category *mother and father*. The *school nurse* is clearly recognised, particularly with younger groups. Around one in five boys *have no problem*.

Question 49: [If you wanted to share career problems, to whom would you probably turn?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	19.1	24.9	17.5	27.5	16.4	25.7	14.5	24.9	15.9	22.6
Father	10.2	6.6	12.7	6.5	11.9	7.3	14.0	7.5	11.9	5.7
Mother and father	25.8	25.9	23.3	21.0	24.3	21.7	23.8	21.6	23.4	21.4
Brother or sister	1.1	2.0	1.8	2.6	2.2	2.6	2.3	2.7	1.6	2.1
Other relation	0.8	1.1	0.8	1.2	1.4	1.3	1.2	1.0	1.3	1.4
Teacher	4.3	4.8	6.3	8.5	12.3	15.6	16.7	20.9	21.5	30.0
Friend	1.9	3.6	2.2	5.0	3.5	5.7	3.5	5.7	4.1	5.5
School nurse	0.0	0.2	0.2	0.3	0.3	0.1	0.3	0.2	0.2	0.1
No one	4.5	3.2	6.5	4.2	4.1	2.7	5.4	3.6	5.0	2.5
Have no problem	32.3	27.6	28.8	23.1	23.7	17.4	18.3	11.8	15.2	8.9
Valid responses	1060	1075	4464	4280	3155	3188	5070	4606	1008	1168

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The role and practice of the school is clearly indicated here, together with the support from parents.

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Question 49: [If you wanted to share problems about friends, to whom would you probably turn?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	19.3	31.5	18.4	35.1	15.0	31.5	12.8	30.3	11.0	26.8
Father	5.6	2.2	4.9	1.9	4.5	1.9	3.8	1.4	2.6	1.2
Mother and father	17.5	15.8	14.4	10.8	12.0	9.2	9.4	7.8	8.2	7.4
Brother or sister	7.4	10.0	7.7	13.2	9.5	14.4	9.3	15.3	8.1	15.1
Other relation	1.4	2.8	1.3	2.7	1.4	2.3	1.3	2.4	1.3	3.2
Teacher	2.6	4.0	2.7	3.2	2.0	2.2	1.8	1.5	2.0	1.4
Friend	11.5	10.1	15.5	15.1	20.7	20.0	25.5	25.3	28.5	26.6
School nurse	0.0	0.4	0.2	0.3	0.3	0.3	0.4	0.3	0.1	0.4
No one	10.2	6.4	13.5	7.8	12.7	7.9	15.8	8.5	16.4	9.2
Have no problem	24.5	16.7	21.3	9.9	21.9	10.3	19.9	7.2	21.8	8.7
Valid responses	1060	1075	4464	4280	3155	3188	5070	4606	1008	1168

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The selection of the categories in this table is more evenly spread than in earlier tables. Over a fifth of boys in all age groups *have no problem*; more girls report problems. A noticeable number, particularly older boys, would turn to *no one*.

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Question 49: [If you wanted to share family problems, to whom would you probably turn?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	12.5	13.7	11.7	10.9	10.3	8.5	7.9	7.1	7.9	6.1
Father	4.7	1.6	3.1	1.0	2.6	1.1	2.5	1.2	1.6	0.9
Mother and father	19.3	15.0	15.3	8.8	13.0	7.4	10.0	4.8	9.4	4.9
Brother or sister	5.6	5.1	5.6	5.7	7.4	6.3	6.7	6.3	7.3	6.0
Other relation	8.5	10.1	9.9	8.4	10.3	7.2	8.9	4.9	7.1	4.5
Teacher	4.5	4.1	3.9	3.9	2.6	3.3	3.4	3.2	1.8	3.1
Friend	8.9	24.1	13.6	40.0	17.6	46.7	23.2	55.4	26.4	58.6
School nurse	0.4	1.2	0.5	0.8	0.4	0.5	0.6	0.8	0.3	1.0
No one	9.1	6.1	11.3	7.4	11.6	6.4	14.0	7.4	14.5	6.8
Have no problem	26.5	19.0	25.1	13.1	24.2	12.6	23.0	9.0	23.6	8.0
Valid responses	1060	1075	4464	4280	3155	3188	5070	4606	1008	1168

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Friends are clearly a major resource here. The very large differences between the percentages for boys and girls who *have no problem* demands clarification. Around a quarter of boys in all age groups select this option; the percentage of girls reduces from 19 to 8.

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Question 50: How much do you worry about the problems listed below?

Percentage responding QUITE A LOT and A LOT

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
School	12.5	14.6	14.3	17.1	13.5	15.7	16.6	22.2	19.6	28.7
Money	13.0	8.7	14.1	13.6	14.8	14.6	18.7	19.0	20.6	23.9
Health	17.3	22.7	17.4	23.8	16.2	22.3	15.5	22.4	12.7	24.1
Career	10.0	7.8	12.1	10.0	17.3	16.2	22.2	21.2	28.7	37.6
Unemployment	12.3	8.4	13.4	10.1	18.2	14.3	22.9	19.5	27.1	28.8
Friends	15.2	23.2	15.3	29.2	13.9	27.5	13.7	31.7	12.5	30.0
Family	20.7	26.3	22.4	31.1	20.3	29.7	20.6	35.0	17.7	35.5
How you look	20.6	36.9	22.9	47.8	26.4	52.3	31.3	58.6	24.9	56.1
Drugs	15.9	15.4	16.5	19.2	15.8	18.2	15.4	19.4	13.8	17.3
HIV/AIDS	17.4	16.8	19.9	22.9	21.2	24.7	27.2	34.0	25.8	32.0
None of the above	46.3	39.4	42.2	29.1	39.3	26.9	33.0	18.0	33.8	15.2

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The 'Top 5' causing most concern in year 11 (15–16 year olds):

	1	*2*	*3*	*4*	*5*
Boys	Career	Unemployment	HIV/AIDS	How you look	Money
Girls	How you look	Career	Family	HIV/AIDS	Friends

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Question 51: [Self-esteem measurement — combined results from parts a – i, scale 0 – 18]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Values 0-4 (low)	3.2	4.9	2.9	5.4	2.4	3.8	2.0	2.6	1.5	2.2
Values 5-9	15.5	26.1	17.6	25.6	15.5	21.1	13.3	17.3	10.2	14.1
Values 10-14	46.1	49.8	46.3	48.3	44.9	50.6	44.4	52.3	43.2	48.5
Values 15-18 (high)	35.2	19.2	33.1	20.8	37.3	24.5	40.3	27.8	45.1	35.1
Valid responses	948	975	4073	3984	2964	3009	4794	4450	960	1124

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1006, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

This measurement is derived from a set of nine items taken from a standard self-esteem enquiry instrument developed by Denis Lawrence (see reference on p. xxv). Several of the items are about social competence (see p. 11 of the questionnaire in the Appendix).

The total scores show that higher self-esteem, as measured using this scale, is recorded with increasing age. The difference between boys and girls discovered here is also found using nearly all measures of self-esteem — is their average self-esteem really lower, or are boys more defensive, or both? This marked gender difference is not always the case in individual schools or districts.

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Question 52a: "I am in charge of my health"

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Disagree	16.4	15.3	16.8	12.6	12.6	10.0	10.6	8.8	9.4	7.5
Not sure	32.4	37.3	30.5	35.3	29.6	34.5	28.1	33.5	24.8	27.0
Agree	51.2	47.4	52.7	52.1	57.8	55.5	61.3	57.7	65.8	65.5
Valid responses	1025	1046	4310	4213	3090	3142	4988	4565	988	1155

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993. Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

This and the three following questions generate a 'health locus of control' score (see p. 116).

A steady increase in agreement with this statement, with increasing age, is seen for both boys and girls, with no obvious difference between the sexes. Over half of the young people feel that they are in charge of their health.

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Question 52b: "If I keep healthy, I've just been lucky"

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Disagree	51.9	46.0	53.0	44.3	55.6	46.4	55.2	47.9	53.6	50.2
Not sure	27.1	32.3	27.9	36.0	27.2	36.0	29.7	35.9	29.7	34.7
Agree	21.0	21.7	19.1	19.7	17.2	17.5	15.0	16.2	16.6	15.1
Valid responses	1025	1044	4290	4203	3088	3134	4980	4556	985	1151

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

This is the second of four questions generating a 'health locus of control' score.

Compared with the previous table, around 50% disagree that keeping healthy is just a matter of luck, and many are unsure.

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Question 52c: "If I take care of myself I'll stay healthy"

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Disagree	9.9	10.0	10.8	9.5	9.1	8.2	10.0	8.6	9.1	8.9
Not sure	18.5	22.1	18.6	22.4	17.5	21.9	18.9	22.1	18.7	22.2
Agree	71.7	67.9	70.6	68.1	73.4	69.9	71.0	69.4	72.1	68.9
Valid responses	1024	1046	4299	4201	3087	3140	4982	4562	987	1154

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

This is the third of four questions generating a 'health locus of control' score.

Around 10% of boys and girls, with a fatalistic streak, *disagree* with the statement.

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Question 52d: "Even if I look after myself I can still easily fall ill"

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Disagree	23.2	16.2	22.1	16.3	19.5	14.1	21.1	15.0	21.8	14.9
Not sure	30.6	35.8	29.9	32.9	31.0	33.9	30.6	34.7	28.2	32.8
Agree	46.2	48.1	47.9	50.8	49.5	52.0	48.3	50.3	50.0	52.3
Valid responses	1022	1046	4299	4209	3084	3139	4986	4565	988	1154

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1006, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

This is the last of four questions generating a 'health locus of control' score.

Nearly 50% *agree* with the statement, and around 30% are *not sure*, which leaves approximately 20% positive about the benefit of looking after themselves.

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Question 52: [Health locus of control score (-4 to +4)]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
-4 to 2 (external)	5.9	6.5	6.3	5.2	5.2	5.3	5.3	5.0	4.7	4.9
-1 to 0	31.4	36.3	32.3	36.5	29.1	32.7	27.3	30.8	25.7	28.2
+1 to +2	44.7	43.5	43.3	43.8	46.2	46.2	45.7	46.5	46.8	48.0
+3 to +4 (internal)	17.9	13.6	18.0	14.4	19.5	15.8	21.7	17.6	22.8	18.9
Valid responses	1015	1041	4273	4180	3077	3126	4955	4547	980	1147

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

This table represents a way of summarising the results of the preceding four questions, and suggests the extent to which the people responding (*a*) feel in control of their own destiny (internal locus of control), or (*b*) feel that there are external factors determining their health (external locus of control). More boys score highly towards the internal locus of control than do the girls, who thus appear to suggest that they have less control.

The importance of these questions is that a young person's general feelings of 'fatalism v. control' may act as a powerful filter of other health education messages — what is the point of cutting down on fat if cancer, pollution, or a bus will get you first? While being realistic about the likely benefits of health-promoting activity, health educators often seek to promote the idea that genuine benefits to health can be achieved through individual action.

From these figures, about a third of the young people register various degrees of helplessness in the face of external influences on their health.

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Question 53a: [Which adults do you get on best with?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	23.9	30.9	27.0	35.4	28.2	37.4	27.2	37.4	29.9	35.8
Father	10.3	5.6	9.9	6.9	12.2	8.2	12.8	8.2	12.3	8.2
Mother and father	51.9	47.3	46.8	36.2	38.3	29.5	34.3	24.8	28.5	23.5
Adult brother or sister	6.2	5.8	7.0	9.1	9.0	9.9	11.1	12.7	13.3	12.3
Other relation	4.2	6.2	4.2	6.2	5.8	6.8	5.4	5.4	4.6	6.3
Teacher	0.4	0.3	0.4	0.5	0.4	0.6	0.6	0.8	0.9	1.1
Adult friend	1.6	2.3	2.7	3.8	4.1	5.7	6.3	8.8	8.3	11.1
School nurse	0.2	0.5	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.2
No one	1.3	1.2	2.0	1.7	1.8	1.6	2.3	1.7	2.1	1.5
Valid responses	1013	1036	4231	4149	3042	3109	4910	4501	984	1141

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3168 Year 10: 4606 Year 11: 1168

Commentary

There are some changes across the years and some differences between the boys and girls. The highest percentages of boys and girls identify *both parents* and do not distinguish between the two. The percentage that combines them, however, decreases with increasing age. In year 11, *mother* is the top selection for girls. With increasing age, numbers of both boys and girls identify a *sibling* as the adult with whom they get on best. Adult *friends* play a small role, but this increases with increasing age. The percentage that identifies a *teacher* is very small.

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Question 53b: How many adults can you really trust?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	5.2	4.0	5.7	5.0	6.8	5.4	6.5	5.7	7.7	6.1
One	7.6	7.3	7.1	9.2	8.6	9.9	7.2	8.9	8.4	9.0
Two	22.8	24.4	22.5	22.5	22.0	20.7	18.9	19.3	16.2	18.1
3–5	24.3	29.5	27.6	32.0	26.8	35.7	29.7	37.0	31.9	38.1
6–10	16.9	16.0	16.0	17.2	16.3	16.2	18.5	16.9	19.1	17.7
11–20	10.3	9.0	9.3	7.3	8.8	6.7	9.6	7.0	8.4	5.8
More than 20	12.9	9.8	11.7	6.7	10.7	5.4	9.7	5.3	8.4	5.1
Valid responses	1023	1035	4289	4182	3066	3127	4948	4544	990	1152

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Do these numbers seem, on the whole, encouragingly high? The proportion reporting *none* is low, but fairly steady across the year groups.

Average number of adults really trusted:

	Year 7	Year 8	Year 9	Year 10	Year 11
Boys	7	7	6	7	6
Girls	6	6	5	5	5

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Question 64: Can the HIV virus be passed on by any of the following?

Percentage responding YES

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Drug taking — by mouth	11.1	7.6	10.3	6.5	7.6	4.6	6.1	3.5	4.7	3.2
Drugs — by injecting	17.6	15.0	20.3	17.2	18.3	14.6	17.2	14.9	15.8	13.4
Drugs — by needle sharing	70.5	71.2	76.7	82.7	86.5	88.8	92.3	95.2	93.2	93.9
Blood donations in UK	21.6	20.3	22.0	20.7	20.3	19.9	18.8	18.0	20.8	18.0
Blood transfusions in UK	30.7	27.6	36.6	36.2	38.9	40.2	44.1	45.3	45.1	44.4
Touching skin	3.5	1.6	3.1	1.8	1.9	1.2	1.6	0.8	1.2	0.9
From lavatory seats	6.5	6.4	6.5	5.7	5.9	4.5	4.0	3.1	3.1	2.4
Mouth-to-mouth resuscitation	11.8	8.9	9.9	7.5	7.9	6.1	7.3	6.1	6.8	4.7
Contact with blood	41.4	37.9	47.7	50.2	54.3	57.0	67.7	71.6	67.2	74.1

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Clearly many of the older pupils recognise the dangers of sharing needles, which is good — but the levels of uncertainty or misinformation over, for example, blood donation, is of great concern.

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Question 64: Can the HIV virus be passed on by any of the following?

Percentage responding YES

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Light kissing	6.7	4.3	4.1	3.0	3.1	1.9	1.9	1.2	2.4	0.9
Deep kissing	18.3	18.6	18.1	14.1	14.4	11.7	12.2	10.1	9.9	10.1
* Sex: male with female +	9.1	7.7	7.5	7.9	7.6	8.7	9.5	8.2	9.6	9.7
Sex: male with male +	12.8	11.2	12.5	10.5	11.4	10.2	13.8	10.6	13.2	12.5
Sex: male with female -	64.9	63.6	72.4	77.5	80.1	84.2	86.9	91.4	87.9	91.6
Sex: male with male -	44.7	36.1	50.9	46.7	60.3	57.9	76.8	75.5	79.5	80.7
Sex: female with female -	29.7	27.6	31.9	33.4	35.0	38.0	41.4	46.0	41.5	49.9
None of these †	14.4	15.6	12.1	8.7	6.8	5.5	4.3	2.4	3.9	4.1

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

**Note.* In the responses, + means 'condom' protected and - means unprotected.

† This includes all the possibilities listed on p. 119.

The primary route of possible infection within heterosexual intercourse is readily identified by most young people, and the belief that HIV/AIDS is a problem only for gays is not reflected in this data. There seems to be much uncertainty about the ways of transmission — the pupils may not recognise what is meant by the prompts, or there may be uncertainty about the possibilities of HIV transmission even using a condom.

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Question 65: Have you ever talked about AIDS with these people?

Percentage responding A FEW TIMES + A LOT

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Parents	16.3	17.3	17.2	22.8	18.6	25.7	24.3	37.8	25.5	38.4
Brothers, sisters	7.3	7.8	9.4	12.4	10.9	15.7	14.0	22.7	14.7	24.3
Close relations	3.9	4.5	4.3	7.9	5.6	10.1	7.4	14.0	9.0	15.5
Friends	19.4	25.3	26.5	39.0	32.8	48.1	46.2	68.2	47.3	70.5
Teachers	5.8	6.0	10.3	11.7	15.6	17.8	32.6	36.5	38.1	44.8
School nurse	5.5	7.0	4.3	6.3	4.9	6.9	5.2	8.3	4.2	6.0
Doctor, or nurse	4.2	4.3	4.3	4.7	4.2	5.2	4.1	5.1	3.4	6.3
None of these	68.8	62.2	60.3	48.1	54.1	40.1	37.0	20.6	36.7	20.6

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Evidence from other researches we have carried out indicates that the more discussion involved, the clearer is the understanding of HIV/AIDS. Thus, the high levels of interaction recorded by both boys and girls with parents, with teachers and with friends can be regarded as very positive. The substantial levels of little or no interaction revealed in the lowest line (*none of these*) are, however, cause for serious reflection.

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Question 66: Have any of these taught you useful facts about AIDS?

Percentage responding YES

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
TV adverts	61.6	59.1	69.6	70.9	73.6	72.9	77.2	77.2	75.8	72.3
TV programmes	58.4	60.2	67.5	73.7	73.9	79.2	79.3	84.7	81.9	82.5
Newspapers	37.4	38.0	43.6	45.5	49.4	49.3	51.2	52.7	52.5	51.5
Posters	39.7	40.7	44.2	48.2	51.6	54.7	55.7	60.8	59.8	62.1
Leaflets	53.1	62.9	59.7	71.0	66.7	76.7	72.6	83.0	74.5	81.3
School videos	50.5	48.8	54.3	56.0	60.9	59.7	70.3	69.8	73.4	72.9
School lessons	43.1	40.8	52.8	52.6	60.4	58.8	74.1	74.3	76.4	75.7
None of these	21.7	17.0	14.8	10.2	10.7	6.1	7.1	3.6	7.7	6.6

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Generally, large percentages of young people report positively about the usefulness of each each item in this checklist of resources or sources of information.

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Question 67: Do you think that you will take care not to get the HIV virus?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
No	4.4	3.8	7.7	4.4	4.1	1.7	3.4	1.7	2.9	1.2
Not sure	8.5	7.0	9.4	7.7	6.9	5.6	5.9	4.9	6.2	5.3
Yes	87.1	89.2	82.9	87.9	89.0	92.7	90.7	93.5	90.9	93.5
Valid responses	957	983	4079	4021	3010	3078	4803	4444	963	1110

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Good news, or not good enough? From previous versions of the questionnaire we know that young people will identify condom use and avoidance of needle-sharing as two of the best precautions to take.

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Question 68: Do you know where you can get condoms free of charge?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
No	91.2	89.9	86.3	82.9	76.7	65.1	63.4	43.0	47.0	25.5
Family planning clinic	7.6	8.8	13.6	17.1	20.7	33.3	36.6	56.9	46.7	70.7
Doctor or Health Centre	0.2	0.7	0.1	0.0	1.0	1.1	0.0	0.0	3.9	2.7
Hospital	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.1
Parents	0.4	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.4	0.0
Brothers or sisters	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.0	0.2	0.1
Friend	0.0	0.0	0.0	0.0	0.3	0.1	0.0	0.0	0.2	0.2
School/College/Sch. nurse	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.0	0.1	0.0
Other	0.6	0.5	0.0	0.0	0.9	0.3	0.0	0.0	1.2	0.7
Valid responses	952	978	4066	4007	2934	3030	4789	4444	937	1082

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The above is a summary of written responses, which have been coded into the most popular categories.

Typically there are large numbers of young people who do not know where to go to secure condoms free of charge. However, three quarters of the year 11 girls do.

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Question 69: At what age can you obtain condoms free of charge?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
12 years and under	4.5	2.8	5.0	3.7	5.1	4.3	7.4	7.1	8.4	11.0
13 years	2.1	1.4	3.2	2.5	3.8	4.8	2.6	4.4	3.9	6.8
14 years	1.1	1.4	2.5	2.1	4.1	2.8	5.2	4.1	3.3	4.6
15 years	2.7	2.4	2.6	2.4	2.4	2.0	3.3	3.0	4.6	4.6
16 years	14.0	13.4	15.6	18.8	18.9	22.0	22.4	25.7	27.3	24.7
17 years	2.1	1.3	2.0	1.5	1.4	0.9	1.2	0.7	1.4	0.5
18 years	10.5	5.6	9.0	4.3	5.3	2.4	2.9	1.4	1.9	0.5
Don't know	62.9	71.7	60.2	64.9	59.0	60.8	55.0	53.6	49.3	47.5
Valid responses	958	971	4056	3984	2986	3030	4736	4406	944	1075

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

We know of no official answer to this question, and it may be that locally Family Planning Clinics have no age-related guidelines. However, it is of great interest to know that only a minority of under-16s seem to recognise the possibility of obtaining condoms free of charge.

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Question 70: Do you know where your local birth control (family planning) services are available?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
No	61.5	51.8	58.2	47.4	57.7	42.6	55.1	32.9	44.2	22.0
Not sure	30.6	41.1	32.2	38.2	28.2	33.3	24.0	28.6	24.0	24.0
Yes	7.9	7.1	9.6	14.5	14.1	24.1	21.0	38.4	31.8	54.0
Valid responses	961	981	4084	4027	3005	3064	4798	4450	964	1105

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

We have learned from local survey co-ordinators that many young people do not recognise that these services may be available, or where to go to find them.

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Question 71: Is there a special birth control (family planning) service for young people available locally?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
No	21.2	13.7	19.8	11.5	15.5	9.5	12.0	6.4	9.7	5.7
Don't know	73.7	81.8	74.6	79.5	75.2	76.0	73.5	67.5	67.2	49.9
Yes	5.1	4.6	5.6	9.0	9.2	14.5	14.4	26.1	23.1	44.4
Valid responses	963	988	4085	4027	3007	3071	4800	4456	961	1104

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The comment on the opposite page also applies to this table.

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Question 72: On leaving school, do you want to:

Percentage responding YES

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Have worthwhile career	65.8	66.2	69.9	73.1	77.6	78.4	76.9	79.2	71.2	69.8
Continue in education	47.4	55.9	44.3	53.4	43.3	57.1	47.5	57.6	50.8	64.2
Find a job	36.1	29.8	35.2	27.8	37.0	26.0	30.0	22.3	26.0	15.3
Train for skilled job	57.4	57.1	57.7	57.9	61.5	59.2	52.4	49.8	45.4	39.2
Set up own home	31.3	31.3	35.1	32.5	38.5	35.0	35.9	31.9	28.5	24.2
Start a family	41.6	26.9	41.7	28.1	38.4	22.6	29.2	18.6	19.1	14.0
Stay in neighbourhood	22.9	18.9	21.0	19.2	23.1	18.0	23.1	19.4	27.7	22.8
Stay in current town	29.9	30.0	30.6	29.5	31.8	28.4	33.4	29.6	36.9	31.5
None of the above	13.2	12.2	11.5	7.4	8.0	6.2	6.6	4.2	7.7	8.4

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

We were prompted to include this set of questions, together with those on the following pages, through the interest of a group of survey co-ordinators from large cities. They had the view that young people's beliefs in their own prospects, and their attitude to their home environment, were potentially important factors influencing their health-related behaviour and attitudes. This data needs to be seen in the context of the figures on the opposite page.

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Question 73: On leaving school, do you think you will be able to:

Percentage responding CAN'T TELL

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Have worthwhile career	38.7	32.9	39.6	35.4	43.6	40.2	46.0	40.5	44.4	40.4
Continue in education	36.7	39.1	35.9	40.3	35.8	44.7	46.7	52.5	49.7	62.2
Find a job	23.5	16.4	23.7	16.9	24.1	14.5	21.7	13.6	21.3	12.7
Train for skilled job	38.0	32.3	39.0	35.9	43.1	36.3	39.8	35.2	38.7	36.6
Set up own home	24.3	23.0	26.6	24.8	28.4	23.1	24.3	22.0	19.8	18.9
Start a family	33.9	22.5	33.7	23.7	33.8	22.1	26.1	19.4	21.0	18.6
Stay in neighbourhood	24.3	23.3	25.4	25.2	27.4	27.2	34.2	34.8	39.3	41.2
Stay in current town	29.1	30.5	30.6	30.7	33.2	33.7	39.4	40.7	42.6	45.6
None of the above	28.8	30.4	25.1	23.3	21.5	20.9	18.7	15.9	18.9	14.5

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Looking at the data opposite (p. 128), we might suppose that up to 30% of pupils expect to be disappointed in their main aim of entering a worthwhile career on leaving school.

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Question 74: On leaving school, which of the following do you think may reduce the chance of you getting a job you would like?

Percentage responding YES

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Few jobs available	42.6	41.6	49.8	48.6	57.0	59.3	62.4	65.0	64.8	64.3
Lack of qualifications	16.1	12.5	17.4	15.7	20.3	16.1	20.2	20.2	21.1	22.4
Lack of experience	18.4	15.1	21.1	18.1	26.1	22.7	30.7	28.8	32.5	31.8
Ethnic discrimination	5.9	2.9	5.6	3.6	5.4	3.5	4.8	2.5	5.3	2.8
Sex discrimination	5.0	7.1	5.3	10.2	4.7	12.0	3.0	11.7	4.1	9.3
Neighbourhood discrimin.	5.1	2.4	4.9	4.1	5.6	3.8	3.5	2.8	6.4	4.0
Becoming a parent	14.8	13.4	14.3	17.6	13.8	17.7	11.4	16.1	9.7	12.8
Family pressure	10.1	8.3	9.7	9.0	9.3	8.4	6.8	7.3	6.4	9.3
Unwilling to move away	12.5	8.6	12.9	10.6	13.2	8.9	11.8	8.8	12.5	10.6
Trouble with police	10.4	4.5	11.3	7.6	14.3	6.4	12.1	7.0	11.0	6.1
Other reason	1.8	0.8	1.6	0.9	1.5	1.2	1.8	1.3	2.8	1.7
None of the above	37.4	40.6	32.4	31.7	26.7	24.2	22.4	19.1	22.1	20.9

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

The first three options in the list are the ones most likely to be chosen by the young people.

The bottom line (*None of the above*) suggests decreasing optimism with increasing age.

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Question 75: Where do you live?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Centre of large town	14.3	15.5	11.7	9.9	11.3	11.0	16.7	14.8	10.8	9.5
Suburbs of large town	14.0	13.6	6.7	5.3	13.5	12.3	8.8	7.2	30.8	21.1
Centre of small town	21.2	24.9	20.7	21.6	21.4	23.4	18.2	21.2	13.0	16.7
Suburbs of small town	21.7	19.6	22.9	22.9	23.9	22.0	21.2	19.8	15.9	15.9
In a village	19.5	18.3	29.3	31.1	22.9	23.8	27.1	29.1	23.9	27.3
Outside a town or village	9.3	8.1	8.7	9.1	7.1	7.5	8.0	7.9	5.6	9.6
Valid responses	935	950	3961	3950	2906	2967	4703	4374	925	1066

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls: Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

These data are considerably influenced by the parts of the country which have been involved in the survey (in each year group) rather than by the age and sex of the respondents (see p. x).

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Question 76: For how long have you personally lived at your present address?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
2 years or less	16.3	15.9	14.9	16.0	14.6	16.7	13.3	14.0	14.9	14.7
3 or 4 years	14.0	13.9	13.6	13.2	12.2	13.6	10.8	12.2	11.0	12.8
5 or 6 years	15.8	14.8	14.3	13.8	13.5	12.9	12.8	12.3	13.9	12.1
7 or 8 years	11.9	11.6	10.6	10.9	11.6	11.8	12.3	12.5	12.6	11.8
9 or 10 years	8.5	9.9	9.1	10.2	9.1	8.7	10.1	9.2	9.3	10.0
11 or 12 years	30.4	31.7	21.5	21.2	9.0	9.9	8.0	8.4	6.9	8.5
13 or 14 years	1.3	1.0	14.4	13.6	28.4	25.5	18.7	18.7	7.0	6.0
15 or 16 years	0.2	0.5	0.4	0.3	0.7	0.5	13.4	12.1	24.0	23.1
17+ years	1.6	0.8	1.3	0.7	0.9	0.5	0.7	0.6	0.4	0.9
Valid responses	922	932	3938	3943	2882	2977	4692	4379	913	1072

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

Eagle-eyed table readers will realise that a proportion of young people report living at their present address for longer than they have been alive. We imagine that the figure given in these excessive estimates is for how long the family has lived there, although other explanations are possible.

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Question 77: How do you rate the following in the area where you live?

Percentage responding ADEQUATE, GOOD or VERY GOOD

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Housing	81.0	81.1	82.4	87.3	85.5	88.2	88.1	90.4	83.0	86.0
Other buildings	76.7	77.7	77.8	81.5	81.9	83.9	83.8	85.9	79.9	81.6
Parks and play areas	53.0	50.9	54.5	50.9	53.9	54.3	59.6	57.8	57.1	55.4
Leisure centres, swimming	59.3	61.2	62.1	62.0	60.2	59.5	60.6	61.1	59.5	58.0
Street cleaning	60.1	56.6	58.1	59.9	63.3	64.1	67.8	65.5	65.7	66.8
Road safety	63.1	63.7	62.4	62.9	63.3	64.7	66.7	65.4	65.4	64.6
Safety going out after dark	56.0	52.4	55.0	48.2	58.2	52.3	61.5	51.0	59.7	49.8
Safety going out during day	77.5	75.0	77.6	80.5	81.5	82.5	84.4	84.8	80.8	81.5

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

It seems that, by and large, most young people are content with most aspects of their neighbourhood, but are least likely to be content with (*a*) open spaces for recreation and (*b*) safety at night — this especially for girls.

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Question 78: How do you rate your school with regard to hygiene, safety and recreation?

Percentage responding ADEQUATE, GOOD or VERY GOOD

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)		Year 11 (15–16)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Hygiene in school	74.0	75.3	72.8	77.1	72.9	75.6	72.4	73.8	71.6	75.3
Safety in school	75.6	79.3	74.5	82.5	76.4	83.0	77.7	84.0	75.9	82.1
Time for recreation in school	70.1	73.4	67.1	74.0	67.3	72.6	64.2	69.0	63.0	70.4
None of the above	19.1	17.5	18.6	11.7	16.6	11.5	15.5	10.7	17.5	13.9

Results are based on a collection of surveys from different regions involving 29,074 young people who completed the Health Related Behaviour Questionnaire in 1993.
Sample size: Boys: Year 7: 1060 Year 8: 4464 Year 9: 3155 Year 10: 5070 Year 11: 1008, Girls : Year 7: 1075 Year 8: 4280 Year 9: 3188 Year 10: 4606 Year 11: 1168

Commentary

As with the previous table, this seems to convey a general level of satisfaction, although there is clearly room for improvement. It must always be recognised that people may use this question as a way of declaring general anti-school feelings.

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Appendix

Version 16 of the Health Related Behaviour Questionnaire

The following pages reproduce, in reduced form, Version 16 of the Health Related Behaviour Questionnaire, which was used to derive the data for the tables in this report.

A copy of the current questionnaire may be obtained by writing to the Schools Health Education Unit at Exeter University.

** *Curriculum planning in secondary schools* **

THE HEALTH RELATED BEHAVIOUR QUESTIONNAIRE

(Version 16.2)

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Schools Health Education Unit
University of Exeter

HEALTH RELATED BEHAVIOUR

The purpose of this Questionnaire is to help your Health Authority to plan health care for young people, and to help your teachers plan work in schools. To do this, they need some information about yourself.

These questionnaires are confidential and will not be read by anyone connected with your school. All the analysis is carried out at Exeter University.

Therefore...

(1) Please answer all questions honestly

(2) Do NOT write your name on any page

Do NOT write in the boxes

Health Authority map number
(your teacher or supervisor will advise you on this) .....

Circle ONE number for each answer

1 Are you male or female?
0 = Male 1 = Female 0 1

2 Which National Curriculum school year are you in?
Your teacher or supervisor will tell you which number to circle 07 08 09 10 11 12 13

3 How old are you?
Please give whole years only and ignore months
0 = 11 years 1 = 12 years 2 = 13 years 3 = 14 years 4 = 15 years
5 = 16 years 6 = 17 years 7 = 18 years 8 = 18+ years 0 1 2 3 4 5 6 7 8

4 Which parents do you live with?
Please choose the nearest answer
0 = Mother & father 1 = Mother only 2 = Father only
3 = Mother & stepfather 4 = Father & stepmother 5 = Foster parents
6 = Other 0 1 2 3 4 5 6

5 How many brothers and sisters are younger than you? 0 1 2 3 4 5 6 7 8
6 How many brothers and sisters are older than you? 0 1 2 3 4 5 6 7 8
Please circle the number. Include step-brothers and step-sisters if living at home. If more than 8, circle 8

7 Which of the following most nearly describes you?
0 = Black (Caribbean origin) 1 = Black (African origin)
2 = White (UK or European origin) 3 = Asian origin
4 = Chinese origin 5 = Mixed race or other 0 1 2 3 4 5

If 5, please describe .....

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Circle ONE number for each answer

8 How long did you spend doing each of these things below after school yesterday?

0 = No time at all 1 = Up to 1 hour 2 = Up to 2 hours
3 = Up to 3 hours 4 = More than 3 hours

8a Watching live or recorded TV programmes (after school yesterday) 0 1 2 3 4

8b Doing homework (after school yesterday) 0 1 2 3 4

9 Did you spend any time doing any of these things after school yesterday?

0 = No 1 = Yes

9a Watched bought or hired videos (after school yesterday) . . 0 1

9b Listened to tapes, records, or CDs (after school yesterday) . . 0 1

9c Met with friends (after school yesterday) 0 1

9d Used a computer (after school yesterday) 0 1

9e Drew for enjoyment (after school yesterday) 0 1

9f Wrote for enjoyment (after school yesterday) 0 1

9g Read a book for enjoyment (after school yesterday) 0 1

9h Read magazines (after school yesterday) 0 1

9i Cared for pets (after school yesterday) 0 1

9j Scouts, Guides, choir, etc. (after school yesterday) 0 1

9k Played a musical instrument (after school yesterday) 0 1

9l Other *(please write)* . . . . . .

10 *This question is about the work you do outside school during term time.*

Have you a regular paid job?

0 = No 1 = Yes 0 1

If you haven't got a regular paid job go to Question 13b

11 Please select your regular paid term-time job from the following list. If you do more than one, choose the one that pays the most money.

0 = Babysitting 1 = Hairdressing 2 = Working in a shop
3 = Manual work 4 = Paper/milk round 5 = In a hotel, bar or café
6 = Farm work or gardening 7 = Paid housework
8 = Other work (Please write) . . . . . .

0 1 2 3 4 5 6 7 8

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Circle ONE number for each answer

12 How many hours did you work for money last week? *Do NOT write in the boxes*

. . . . . hours

13a How much money did you receive last week from your regular paid work?

£. . . . . p

13b How much money did you receive last week from your weekly pocket money or allowance?

£. . . . . p

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14a During the last 7 days, have you spent any of your own money on the following items?

0 = No 1 = Yes

Sweets, chocolate, etc.	0 1	Crisps, snacks	0 1
Comics, magazines	0 1	Fast food (hot)	0 1
Alcoholic drinks	0 1	Soft drinks	0 1
Cigarettes	0 1	Arcade games (for fun)	0 1
Sports equipment	0 1	Arcade gambling	0 1
Discos or parties	0 1	Computers/software	0 1
Clothes & footwear	0 1	Presents	0 1
Cosmetics/toiletries	0 1	Jewellery	0 1
Records, CD, tapes	0 1	Leisure/sports centre	0 1
School equipment	0 1	Pets	0 1
Cinema	0 1	Video hire	0 1
Books	0 1		
Fares	0 1		

14b Have you put any of your own money into a savings scheme in the last 7 days?

0 = No 1 = Yes 0 1

15 How much of your own money have you spent during the last 7 days?

£. . . . . p

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Circle ONE number for each answer

16 OUTSIDE LESSON TIME, how often did you take part in the following sports and activities during the past 12 months when they were in season?

1 = Never or hardly ever 2 = Once or twice in a month (when in season)
3 = Weekly (when in season) 4 = Twice a week or more (when in season)

Seasonal activities *Outside lesson time*	Never or hardly ever / Once or twice a month / Weekly / Twice a week or more	*Seasonal activities* *Outside lesson time*	Never or hardly ever / Once or twice a month / Weekly / Twice a week or more
Rugby	1 2 3 4	American football	1 2 3 4
Soccer	1 2 3 4	Cricket	1 2 3 4
Hockey	1 2 3 4	Rounders	1 2 3 4
Netball	1 2 3 4	Golf	1 2 3 4
Tennis	1 2 3 4	Cross-country	1 2 3 4
Rowing	1 2 3 4	Canoeing	1 2 3 4
Riding a bicycle	1 2 3 4	Horse riding	1 2 3 4
Club cycling	1 2 3 4	Scrambling	1 2 3 4
Jogging	1 2 3 4	Hiking/orienteering	1 2 3 4
Track/field events	1 2 3 4	Fishing	1 2 3 4
Sailing	1 2 3 4		
All-year-round activities *Outside lesson time*		*All-year-round activities* *Outside lesson time*	
Squash	1 2 3 4	Table tennis	1 2 3 4
Basketball	1 2 3 4	Volleyball	1 2 3 4
Badminton	1 2 3 4	5-a-side football	1 2 3 4
Roller/ice skating	1 2 3 4	Weight training	1 2 3 4
Judo, karate, etc.	1 2 3 4	Skateboarding	1 2 3 4
Gymnastics	1 2 3 4	Darts	1 2 3 4
Fitness/aerobics	1 2 3 4	Pool	1 2 3 4
Swimming	1 2 3 4	Billiards	1 2 3 4
Dancing	1 2 3 4	Snooker	1 2 3 4
Other *(please write)*			1 2 3 4

17 How fit do you think you are?

0 = Very unfit 1 = Unfit 2 = Moderately fit 3 = Fit
4 = Very fit 0 1 2 3 4

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Circle ONE number for each answer

18 How often do you wash your hands after visiting the lavatory?

0 = Never or almost never 1 = Sometimes 2 = Whenever possible 0 1 2

19 Did you clean your teeth yesterday at any of these times?

0 = No 1 = Yes

19a **Before breakfast?** 0 1
19b **Just after breakfast?** 0 1
19c **During the day?** 0 1
19d **Before going to bed?** 0 1

20 On how many days since this time last week have you cleaned your teeth with dental floss?

Please circle the number of days 0 1 2 3 4 5 6 7

21 Please try to remember how many baths or showers you have had since this time last week.

Please circle the number of times.
If more than 8, circle 8

21a **How many baths or showers were at home?** 0 1 2 3 4 5 6 7 8
21b **How many baths or showers were elsewhere (including school)?** 0 1 2 3 4 5 6 7 8

22 Since this time last week, on how many days have you taken remedies for any of the following complaints?

Please circle the number of days

22a **For asthma (pills, inhaler)** 0 1 2 3 4 5 6 7
22b **For colds, throat, or influenza** 0 1 2 3 4 5 6 7
22c **For diabetes** 0 1 2 3 4 5 6 7
22d **For epilepsy** 0 1 2 3 4 5 6 7
22e **For hay fever or allergies** 0 1 2 3 4 5 6 7
22f **For skin problems** 0 1 2 3 4 5 6 7

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Circle ONE number for each answer

23 During the last 7 days, on how many days have you used any of the following remedies or medications?
Please circle the number of days

23a **Iron tablets** 0 1 2 3 4 5 6 7
23b **Vitamin tablets** 0 1 2 3 4 5 6 7
23c **Antibiotics** 0 1 2 3 4 5 6 7
23d **Painkillers (for headaches, etc.)** 0 1 2 3 4 5 6 7
23e **Lotions or creams** 0 1 2 3 4 5 6 7
23f **Laxatives** 0 1 2 3 4 5 6 7
23g **Herbal or homeopathic remedies** 0 1 2 3 4 5 6 7
23h **Other** *(please write)* 0 1 2 3 4 5 6 7

24 How long ago did you last visit the doctor?
0 = In the past 7 days 1 = In the past month
2 = In the past 3 months 3 = In the past 6 months
4 = In the past year 5 = More than a year ago 0 1 2 3 4 5

25 On this last visit, did you feel at ease with the doctor?
0 = Very uneasy 1 = Quite uneasy 2 = A little uneasy 3 = At ease 0 1 2 3

26 When you run, do you 'wheeze' and have trouble breathing (not just out of breath)?
0 = Never 1 = Occasionally 2 = Quite often 3 = Very often 0 1 2 3

27 Do you have a night cough which disturbs your sleep?
0 = Never 1 = Occasionally 2 = Quite often 3 = Very often 0 1 2 3

28 How long ago did you last visit the dentist?
0 = In the past 7 days 1 = In the past month
2 = In the past 3 months 3 = In the past 6 months
4 = In the past year 5 = More than a year ago 0 1 2 3 4 5

29 This question is about your last visit to the dentist. ▼ 21
0 = No 1 = Yes
29a **Did you have a routine check-up?** 0 1
29b **Did you have any fillings done?** 0 1
29c **Did you have fissure sealing?** 0 1
29d **Did you have any teeth out (extractions)?** 0 1
29e **Were your teeth scaled and polished?** 0 1
29f **Did you have a brace fitted or examined?** 0 1
29g **Were you given advice on brushing?** 0 1
29h **Were you given advice on 'flossing'?** 0 1
29i **Did you have any other treatment?** *(Please write)*
. . . . . .

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Circle ONE number for each answer

30 What did you do for lunch yesterday?
Please choose the nearest answer
0 = Had cafeteria lunch in school
1 = Had a set lunch in school
2 = Ate a packed lunch
3 = Bought lunch from a takeaway or shop
4 = Went home for lunch
5 = Did not have any lunch 0 1 2 3 4 5

31 What did you have for breakfast this morning?
0 = No 1 = Yes
31a **Nothing at all** 0 1
31b **Tea or coffee** 0 1
31c **Drink of milk** 0 1
31d **Fruit juice** 0 1
31e **Tinned or fresh fruit** 0 1
31f **Toast or bread** 0 1
31g **Cereal** *(Please name . . . . .)* . . . . . 0 1 ▼ 17
31h **Cooked breakfast** *(Please describe . . . . .)* 0 1
31i **Something else** *(Please write)* 0 1
. . . . . .

32 When choosing what to eat, do you consider your health?
0 = Never 1 = Sometimes 2 = Quite often
3 = Very often 4 = Always 0 1 2 3 4

33 Which statement describes you best?
0 = I would like to put on weight
1 = I would like to lose weight
2 = I am happy with my weight as it is 0 1 2

34 Do you know your height in cm?
If YES, write it in, if NO circle 'Not sure'
Do NOT write in the boxes
My height is . . . . . **cm** *OR* ***Not sure***

35 Do you know your weight in kg?
If YES, write it in, if NO circle 'Not sure'
My weight is . . . . . **kg** *OR* ***Not sure***

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Circle ONE number for each answer

36 Please study each item in this list of foods, decide how often you eat them or things made from them, and circle a number.

0 = Rarely or never
1 = Occasionally
2 = At least once a week
3 = On most days

	Rarely or never	Occasionally	At least once a week	On most days
Lamb, beef, pork, etc.	0	1	2	3
Poultry (chicken, etc.)	0	1	2	3
Vegetarian pasties, samosas	0	1	2	3
Meat pasties, pies, samosas	0	1	2	3
Vegetarian burgers or sausages	0	1	2	3
Meat burgers or sausages	0	1	2	3
Oily fish (e.g. mackerel)	0	1	2	3
Other fish or fish fingers	0	1	2	3
Eggs	0	1	2	3
Ordinary milk	0	1	2	3
Semi- or skimmed milk	0	1	2	3
Soya milk	0	1	2	3
Yoghurt	0	1	2	3
Low-fat cheese	0	1	2	3
Other cheese	0	1	2	3
Low-fat butter or margarine	0	1	2	3
Butter or margarine	0	1	2	3
Ghee	0	1	2	3
Vegetable oils	0	1	2	3
High-fibre white bread	0	1	2	3
Ordinary white bread	0	1	2	3
Wholemeal bread	0	1	2	3
Chapatti flour	0	1	2	3
Maize flour	0	1	2	3
Rice	0	1	2	3
Boiled or mashed potatoes	0	1	2	3
Jacket potatoes	0	1	2	3
Chips or roast potatoes	0	1	2	3
Yams	0	1	2	3
Pasta	0	1	2	3
Sugar-coated cereals	0	1	2	3
High-fibre cereals or muesli	0	1	2	3
Other cereals	0	1	2	3
Fresh fruit	0	1	2	3
Ice cream	0	1	2	3
Baked beans	0	1	2	3
Peas, beans, or lentils	0	1	2	3
Tofu	0	1	2	3
Nuts	0	1	2	3
Plantain	0	1	2	3
Vegetables	0	1	2	3
Salads	0	1	2	3
Pizza	0	1	2	3
Fruit juice	0	1	2	3
Low-cal. drinks (e.g. diet coke)	0	1	2	3
Fizzy drinks (not low-calorie)	0	1	2	3
Biscuits, cakes, or tarts	0	1	2	3
Crisps	0	1	2	3
Sweets, chocolate, choc bars	0	1	2	3
Sugar added to hot drinks	0	1	2	3

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Circle ONE number for each answer
Do NOT write in the boxes

37 How many cigarettes have you smoked during the last 7 days?
Please write the number .....

38 Which statement describes you best?
0 = I have never smoked at all, not even a puff
1 = I have tried smoking once or twice
2 = I used to smoke, but I don't now
3 = I smoke occasionally
4 = I smoke regularly 0 1 2 3 4

39 Which statement describes you best?
0 = I don't smoke now and I never will
1 = I don't smoke now but I may when I am older
2 = I smoke, but would like to give up
3 = I smoke and don't want to give up 0 1 2 3

40 Do any of these people smoke on most days?
0 = No 1 = Yes

40a	**Mother**	0 1
40b	**Father**	0 1
40c	**Brother**	0 1
40d	**Sister**	0 1
40e	**Other close relation**	0 1
40f	**Close friend**	0 1

18 ▼

41 How many people smoke on most days, in your home?
Please write the number, including yourself if you smoke .....

42 Have you a steady boyfriend or girlfriend at the moment?
Please choose the nearest answer
0 = I have never had one
1 = No, not at the moment
2 = Yes, we have been friends for a few weeks
3 = Yes, we have been friends for 2 months or more
4 = Yes, we have been friends for a year or more 0 1 2 3 4

43 How do you usually feel when meeting people of <u>your own age and sex</u> for the first time?
0 = Very uneasy 1 = Quite uneasy 2 = A little uneasy 3 = At ease 0 1 2 3

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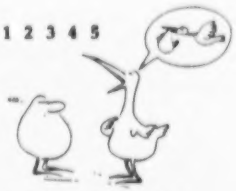
Circle ONE number for each answer

44 How do you usually feel when meeting people of your own age and opposite sex for the first time?
0 = Very uneasy 1 = Quite uneasy 2 = A little uneasy 3 = At ease 0 1 2 3

45 Please choose the answer which describes your close friends.
0 = More are of my own sex
1 = I have about the same number of friends of both sexes
2 = More are of the opposite sex 0 1 2

46 When did you last go to a disco or party?
0 = Within the last week 1 = Within the last 2 weeks
2 = Within the last month 3 = Within the last 6 months
4 = Not within the last 6 months 5 = I have never been to either 0 1 2 3 4 5



47 Which of these is your main source of information about sex?
0 = My parents 1 = School lessons 2 = Friends
3 = Brothers, sisters, other close relations
4 = Doctor/School nurse 5 = Family Planning Clinic
6 = TV, films 7 = Stories in books, magazines
8 = Posters, leaflets, reference books 0 1 2 3 4 5 6 7 8
Other (please write) .....

48 Which of these do you think should be your main source of information about sex?
0 = My parents 1 = School lessons 2 = Friends
3 = Brothers, sisters, other close relations
4 = Doctor/School nurse 5 = Family Planning Clinic
6 = TV, films 7 = Stories in books, magazines
8 = Posters, leaflets, reference books 0 1 2 3 4 5 6 7 8
Other (please write) .....

49 If you wanted to share any of the problems listed below, to whom would you probably turn?
Please choose the nearest answer
0 = Mother 1 = Father 2 = Mother and father
3 = Brother or sister 4 = Other relation 5 = Teacher
6 = Friend 7 = School nurse 8 = No one 9 = Have no problem

	Mother	Father	Mother and father	Brother or sister	Other relation	Teacher	Friend	School nurse	No one	Have no problem
49a School problems	0	1	2	3	4	5	6	7	8	9
49b Money problems	0	1	2	3	4	5	6	7	8	9
49c Health problems	0	1	2	3	4	5	6	7	8	9
49d Career problems	0	1	2	3	4	5	6	7	8	9
49e Problems with friends	0	1	2	3	4	5	6	7	8	9
49f Family problems	0	1	2	3	4	5	6	7	8	9

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Circle ONE number for each answer

50 How much do you worry about the problems listed below?
0 = Never 1 = Hardly ever 2 = A little
3 = Quite a lot 4 = A lot

	Never	Hardly ever	A little	Quite a lot	A lot
50a School problems	0	1	2	3	4
50b Money problems	0	1	2	3	4
50c Health problems	0	1	2	3	4
50d Career problems	0	1	2	3	4
50e Unemployment	0	1	2	3	4
50f Problems with friends	0	1	2	3	4
50g Family problems	0	1	2	3	4
50h The way you look	0	1	2	3	4
50i Drugs	0	1	2	3	4
50j HIV/AIDS	0	1	2	3	4

41

51 Please think about each of the following statements.
0 = Disagree 1 = Not sure 2 = Agree

51a "There are lots of things about myself that I would like to change." 0 1 2
51b "When I have something to say in front of teachers in class, I usually feel uneasy." 0 1 2
51c "I often fall out with other pupils at school." 0 1 2
51d "I often feel lonely at school." 0 1 2
51e "I think other pupils usually say nasty things about me." 0 1 2
51f "When I want to tell a teacher something I usually feel shy." 0 1 2
51g "I often have to find new friends because my old ones are with somebody else." 0 1 2
51h "I usually feel foolish when I have to talk to my parents." 0 1 2
51i "I feel comfortable talking to other pupils at school." 0 1 2

52 How much do you agree or disagree with these statements?
0 = Disagree 1 = Not sure 2 = Agree

52a "I am in charge of my health." 0 1 2
52b "If I keep healthy, I've just been lucky." 0 1 2
52c "If I take care of myself I'll stay healthy." 0 1 2
52d "Even if I look after myself I can still easily fall ill." 0 1 2

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53a Please decide with which of these adults you get on best. *Circle ONE number for each answer*

0 = Mother 1 = Father 2 = Mother and father
3 = Adult brother or sister 4 = Other relation 5 = Teacher
6 = Adult friend 7 = School nurse 8 = No one 0 1 2 3 4 5 6 7 8

53b How many adults can you really trust?

0 = None 1 = One 2 = Two 3 = Three to five
4 = Six to ten 5 = Eleven to twenty 6 = More than twenty 0 1 2 3 4 5 6

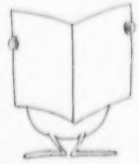
54 Does anyone in your family at home take any of these newspapers regularly?

DAILY NATIONALS — Please DO NOT INCLUDE your local newspapers

0 = No 1 = Yes

Daily Express	0 1	The Guardian	0 1	
Daily Mail	0 1	Daily Mirror	0 1	
Daily Telegraph	0 1	The Times	0 1	70
The Star	0 1	The Sun	0 1	
Today	0 1	The Independent	0 1	
The Scotsman	0 1	Daily Express (Scotland)	0 1	
Daily Record (Scotland)	0 1	Glasgow Herald (Scotland)	0 1	*

If no Nationals, please tick this box ☐



55a If you had any of the following alcoholic drinks during the last 7 days, please write how much of these drinks you have had. *Do NOT write in the boxes*

Assume that one small can = half a pint *TOTAL*

Shandy (canned)	..... *pints*	
Shandy (mixed)	..... *pints*	
Beer or lager	..... *pints*	
Low-alcohol beer or lager	..... *pints*	
Cider	..... *pints*	
Wine	..... *glasses*	
Low-alcohol wine	..... *glasses*	
Martini, Cinzano, sherry, Babycham, etc.	..... *glasses*	
Spirits (gin, whisky, vodka, rum, etc.)	..... *measures*	19
Other (*please write*)	..... *glasses*	

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Circle ONE number for each answer

55b If you haven't had any alcoholic drink at all during the last 7 days, please tick this box ☐ and go to Question 59.

56 During the last 7 days, on how many days did you drink alcohol?

Do not include canned shandy and low-alcohol drinks

Please circle the number of days 0 1 2 3 4 5 6 7

57 Have you bought alcoholic drink at any of these places during the last 7 days?

Do not include canned shandy and low-alcohol drinks

0 = No 1 = Yes

57a I bought it in a supermarket 0 1
57b I bought it in an off-licence 0 1
57c I bought it in a pub or bar 0 1
57d I bought it in a disco or club 0 1

58 Have you drunk alcoholic drink at any of these places during the last 7 days?

Do not include canned shandy and low-alcohol drinks

0 = No 1 = Yes

58a I drank alcohol at home 0 1
58b I drank alcohol at a friend's or relation's home 0 1
58c I drank alcohol at a disco, club or party 0 1
58d I drank alcohol at a pub or bar 0 1

59 If you ever drink alcohol at home, do your parents know?

0 = I do not drink alcohol at home
1 = My parents always know
2 = My parents usually know
3 = My parents sometimes know
4 = My parents never know 0 1 2 3 4

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Circle ONE number for each answer

60 What do you know about these drugs?

This list gives their real names and some street names.

Please choose the nearest answer

0 = I have never heard of them
1 = I have heard of them but I don't know anything about them
2 = I think they are safe if used properly
3 = I think they are always unsafe

		Never heard of them	Know nothing about them	Safe if used properly	Always unsafe
A	**Amphetamines** *(e.g., speed, stimulants, uppers)*	0	1	2	3
B	**Barbiturates** *(e.g., downers, barbies, sleepers)*	0	1	2	3
C	**Cannabis** *(leaf form, e.g., grass, pot, marijuana, dope)*	0	1	2	3
D	**Cannabis** *(resin, oil, e.g., hash, Leb black, moroccan)*	0	1	2	3
E	**Ecstasy** *(MDMA, XTC, E)*	0	1	2	3
F	**Cocaine** *(e.g., snow, coke)*	0	1	2	3
G	**Hallucinogens** *(natural, e.g., magic mushrooms)*	0	1	2	3
H	**Hallucinogens** *(synthetic, e.g., acid, angel dust, LSD)*	0	1	2	3
I	**Heroin** *(e.g., H, junk, skag, smack)*	0	1	2	3
J	**Crack** *(e.g., rock)*	0	1	2	3
K	**Solvents used as drugs** *(e.g., glue, gas refills, cleansing fluid)*	0	1	2	3
L	**Tranquillisers** *(e.g., Librium, Valium)*	0	1	2	3
M	**Other illegal drugs** *(Please name)*.....	0	1	2	3

41

↑ ***These letters will be used in the next 3 questions***

61 Has anyone ever offered or encouraged you to try any of the drugs listed in Question 60?

If NO, please place a tick in this box. ☐

If YES, please circle the letters below. Do not include drugs prescribed by your doctor.

A	D	G	J	M
B	E	H	K	
C	F	I	L	

62 Have you ever taken any of the drugs listed in Question 60?

If NO, please place a tick in this box. ☐

If YES, please circle the letters below. Do not include drugs prescribed by your doctor.

A	D	G	J	M
B	E	H	K	
C	F	I	L	

71

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Circle ONE number for each answer

63 Do you <u>know anyone</u> who you think takes any of the drugs listed in Question 60?

0 = No 1 = Not sure 2 = Fairly sure 3 = Certain 0 1 2 3

If you know the drugs they use, please circle the letters below

A	D	G	J	M
B	E	H	K	
C	F	I	L	

<u>The following four questions are about AIDS.</u>

AIDS is caused by a virus called HIV. People may be infected by the virus and go on to develop AIDS. This is why these questions are about being infected by the HIV virus, not about 'getting AIDS'.

64 Can the HIV virus be passed on by any of the following?

0 = No 1 = Not sure 2 = Yes

64a	**Drug taking** — *by mouth*	0	1	2
64b	**Drug taking** — *by injection (new needle)*	0	1	2
64c	**Drug taking** — *by sharing needles*	0	1	2
64d	**Blood donations in UK** — *giving blood*	0	1	2
64e	**Blood transfusions in UK** — *receiving blood*	0	1	2
64f	**Touching skin/shaking hands**	0	1	2
64g	**From lavatory seats**	0	1	2
64h	**In First Aid** — *mouth-to-mouth resuscitation*	0	1	2
64i	**In First Aid** — *contact with blood*	0	1	2
64j	**Kissing** — *light kissing (lips only)*	0	1	2
64k	**Kissing**— *deep kissing (inside mouth)*	0	1	2
64l	**Sex using condoms** — *male with female*	0	1	2
64m	**Sex using condoms** — *male with male*	0	1	2
64n	**Sex without using condoms** — *male with female*	0	1	2
64o	**Sex without using condoms** — *male with male*	0	1	2
64p	**Sex without using condoms** — *female with female*	0	1	2

80

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Circle ONE number for each answer

65 Have you ever talked about AIDS with these people?
0 = Never 1 = Once or twice 2 = A few times 3 = A lot

65a **Parents** 0 1 2 3
65b **Brothers, sisters** 0 1 2 3
65c **Close relations** 0 1 2 3
65d **Friends** 0 1 2 3
65e **Teachers** 0 1 2 3
65f **School nurse** 0 1 2 3
65g **Doctor, or nurse** 0 1 2 3

66 Have any of these taught you useful facts about AIDS?
0 = No 1 = Some 2 = A lot

66a **TV adverts** 0 1 2
66b **TV programmes** 0 1 2 41
66c **Newspapers** 0 1 2
66d **Posters** 0 1 2
66e **Leaflets** 0 1 2
66f **School videos** 0 1 2
66g **School lessons** 0 1 2

67 Do you think that you will take care not to get the HIV virus?
0 = No 1 = Not sure 2 = Yes 0 1 2

68 Do you know where you can get condoms free of charge?
0 = No 1 = Yes 0 1
If yes, please write where . . . . . .

69 At what age can you obtain condoms free of charge?
0 = 12 years and under 1 = 13 years 2 = 14 years 3 = 15 years
4 = 16 years 5 = 17 years 6 = 18 years 7 = Don't know 0 1 2 3 4 5 6 7

70 Do you know where your local birth control (family planning) services are available?
0 = No 1 = Not sure 2 = Yes 0 1 2

71 Is there a special birth control (family planning) service for young people available locally?
0 = No 1 = Don't know 2 = Yes 0 1 2

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Circle ONE number for each answer

72 On leaving school, do you want to:
0 = No 1 = Don't know 2 = Yes

72a **Have a worthwhile career?** 0 1 2
72b **Continue in full-time education (College, University)?** . 0 1 2
72c **Find a job as soon as you can?** 0 1 2
72d **Get training for a skilled job?** 0 1 2
72e **Set up your own home (with or without a partner)?** . . . 0 1 2
72f **Start a family (have children)?** 0 1 2
72g **Stay in the neighbourhood where you live?** 0 1 2
72h **Stay in the town or place where you live?** 0 1 2

73 On leaving school, do you think you will be able to:
0 = No 1 = Can't tell 2 = Yes

73a **Have a worthwhile career?** 0 1 2
73b **Continue in full-time education (College, University)?** . 0 1 2
73c **Find a job as soon as you can?** 0 1 2
73d **Get training for a skilled job?** 0 1 2
73e **Set up your own home (with or without a partner)?** . . . 0 1 2
73f **Start a family (have children)?** 0 1 2
73g **Stay in the neighbourhood where you live?** 0 1 2
73h **Stay in the town or place where you live?** 0 1 2

74 On leaving school, which of the following do you think may reduce the chance of you getting a job you would like? 48 ▼ [ ][ ][ ]
0 = No 1 = Can't tell 2 = Yes

74a **There are few jobs available** 0 1 2
74b **I will lack qualifications or training** 0 1 2
74c **I will lack experience** 0 1 2
74d **I will face discrimination because of my ethnic origin** . 0 1 2
74e **I will face discrimination because of my sex** 0 1 2
74f **I will face discrimination because of where I live** 0 1 2
74g **Becoming a parent with a small child to look after** 0 1 2
74h **I will face family pressure to stay at home** 0 1 2
74i **I will be unwilling to move away from this area** 0 1 2
74j **I may have been in trouble with the police** 0 1 2
74k **Because of some other reason *(if yes, please write)*** 0 1 2
. . . . . .

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Circle ONE number for each answer

75 Where do you live?

Please choose the nearest answer

0 = Near the centre of a large town or city (more than 100,000 people)
1 = In the suburbs of a large town or city
2 = Near the centre of a smaller town or city (up to 100,000 people)
3 = In the suburbs of a smaller town or city
4 = In a village
5 = Outside a town or village **0 1 2 3 4 5**

76 For how long have you personally lived at your present address?

Please choose the nearest answer

0 = 2 years or less 1 = 3 or 4 years 2 = 5 or 6 years
3 = 7 or 8 years 4 = 9 or 10 years 5 = 11 or 12 years
6 = 13 or 14 years 7 = 15 or 16 years 8 = 17+ years **0 1 2 3 4 5 6 7 8**

77 How do you rate the following in the area where you live?

0 = Very poor 1 = Poor 2 = Adequate
3 = Good 4 = Very good

77a **The housing** **0 1 2 3 4**
77b **Other buildings** **0 1 2 3 4**
77c **Parks and play areas** **0 1 2 3 4**
77d **Leisure centres and swimming pools** **0 1 2 3 4**
77e **Street cleaning and removing rubbish** **0 1 2 3 4**
77f **Road safety** **0 1 2 3 4**
77g **Safety when going out after dark** **0 1 2 3 4** 29
77h **Safety when going out during the day** **0 1 2 3 4**

78 How do you rate your school with regard to hygiene, safety and recreation?

0 = Very poor 1 = Poor 2 = Adequate 3 = Good 4 = Very good

78a **Hygiene in school** **0 1 2 3 4**
78b **Safety in school** **0 1 2 3 4**
78c **Time for recreation in school** **0 1 2 3 4**

79 What are your 4 health risk numbers?

(your teacher or supervisor will advise you on this)

Please write 30

THE END!

Thank you for completing this questionnaire

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Some publications of the Schools Health Education Unit

Very Young People in 1991–2 ..... ***£9.50***
A study of 7,852 primary-school children between the ages of 8 and 11. This report presents their responses to questionnaire surveys examining the following aspects of their lifestyle: Diet, Dental care, Health & Safety, Home, Drugs, Road use & Sport, and Social & Personal.

Video pack: 'The Extra Guest' ***£14.68***
This was developed to support alcohol education in secondary schools. The well-received video depicts a teenage party, and the materials include substantially researched guidelines for its use, and worksheet masters. Price includes VAT.

Alcohol Education in Schools ***£15.00***
A report on the nature and scope of alcohol education in a substantial sample of secondary schools, with an analysis of the possible effect of alcohol education on drinking behaviour, an evaluation of some widely-used resources, and recommendations for good practice.

Parents and health education ***£5.00***
A distillation of 5037 comments made by 3507 parents of primary-school children who answered a Unit questionnaire in the course of a nationwide survey. The comments are grouped into 30 separate topics, including home-school conflict, shock-horror methods, race and religion, the hidden curriculum, etc. This 1988 publication is offered at a reduced price.

Health education priorities and the primary school curriculum ***£5.00***
The report of a national study of 28,257 pupils, parents, teachers and health-care professionals. It is shown that some topics have a high priority for all groups, but that others show considerable disagreement. To resolve these differences is a challenge, but the overall high approval of Health Education topics is reassuring. This 1989 publication is offered at a reduced price.

Video pack: 'Drawing the Line' ***£35.25***
This revised version has been developed to provide support for work in secondary schools on sexual relationships and HIV/AIDS. The pack includes a video plus extensively-trialled teachers' materials for use in the classroom.

Young People into the Nineties
The 'survey of the decade': a study of 125,933 young people between the ages of 11 and 16 over the period 1984–1990. A total of nine books is planned, at £6.00 each. The *Doctor & Dentist* and *Health* volumes are currently available.

These prices include postage

14 How do you usually feel when meeting people of your own age and opposite sex for the first time?

0 = Very nervous 1 = Quite nervous 2 = Not bothered 3 = Relaxed 0 1 2 (3)

15 Please choose the answer which describes your close friends.

0 = Most are of my own sex
1 = There about the same number of friends of both sexes
2 = Most are of the opposite sex 0 (1) 2

16 When did you last go to a disco or party?

0 = Within the last week 1 = Within the last 2 or 3 weeks
2 = Within the last month 3 = Within the last 6 months
4 = Not within the last 6 months 5 = I have never been to either 0 1 2 3 (4) 5

17 Which of these is your main source of information about sex?

0 = My parents 1 = School lessons 2 = Friends
3 = Brothers, sisters, other close relations
4 = Doctor/school nurse 5 = Family Planning Clinic
6 = TV, films 7 = Stories in books, magazines
8 = Posters, leaflets, reference books 0 (1) 2 3 4 5 6 7 8
Other (please write)

18 Which of these do you think should be your main source of information about sex?

0 = My parents 1 = School lessons 2 = Friends
3 = Brothers, sisters, other close relations
4 = Doctor/school nurse 5 = Family Planning Clinic
6 = TV, films 7 = Stories in books, magazines
8 = Posters, leaflets, reference books (0) 1 2 3 4 5 6 7 8
Other (please write)

19 If you wanted to share any of the problems listed below, to whom would you probably turn?

Please choose the main 1 answer

0 = Nobody 1 = Father 2 = Mother and father
3 = Brother or sister 4 = Other relation 5 = Teacher
6 = Friend 7 = School nurse 8 = No one 9 = Have no problem

19a School problems 0 1 2 3 4 (5) 6 7 8 9

19b Money problems . . . . . (0) 1 2 3 4 5 6 7 8 9

19c Health problems . . . . . (0) 1 2 3 4 5 6 7 8 9

19d Career problems 0 1 2 3 4 5 6 7 (8) 9

19e Problems with friends . . . . . (0) 1 2 3 4 5 6 7 8 9

19f Family problems 0 1 2 (3) 4 5 6 7 8 9

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